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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

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Grants available for multicultural celebrations

A \$1 million grants program to celebrate Queensland's multiculturalism is now open for applications.

Community organisations and local councils across the state can now apply for a share of the funds under the recently announced *Celebrating Multicultural Queensland grants* program. The program aims to celebrate the wealth of cultures in Queensland as well as promoting the benefits of diversity.

"This particular funding round will support events that celebrate a range of cultures and traditions through festivals and cultural days that incorporate the best of food, music, craft and sport," said Minister for Multicultural Affairs Grace Grace.

Grants for events are available in two categories, with up to \$20,000 per event under the Signature Events category for high-profile multicultural

and diverse cultural events that have strong community support.

Up to \$10,000 per event is available under the Cultural Events category to support multicultural celebrations that promote acceptance and understanding of a particular culture or religion by other cultural groups and by the wider community.

Applications for multicultural events and celebrations close on Friday 26 August 2016.

The second round of funding comprising \$300,000 for culturally diverse projects is expected to open in November 2016.

For more information or to apply for a grant visit www.communities.qld.gov.au/multicultural



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ETH0025/L M09/03

Local Crèche wins award for innovative Childcare

Griffin, Kallangur and Scarborough based Neighbourhood Crèche, whose services are used by many local parents, have just received national recognition for their early childhood classes and activities.

The 'What's On 4 Australia 2016 Junior Awards' have announced Neighbourhood Crèche as the *Best Local Classes And Activities For Children Aged 0-5 Years*. That's quite an accolade.

Teneille Douglas, mother of three young children and founder of Neighbourhood Crèche simply can't describe the happiness she feels for this huge achievement and says, this is just the beginning of bigger and better things to come for Neighbourhood Crèche.

"Our classes and activities range from newborn to school age classes in yoga, massage, music, performing arts, arts and construction and school holiday events. We have a very high standard of teaching but it is all about fun and learning through play which is why so many families love coming to Neighbourhood Crèche," she said.

Visit www.neighbourhoodcreche.com.au to find out more about the innovative service for youngsters.



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Calling all Beardsman

Men, it's time to beard up for charity this winter

Beard150 was launched during Men's Health Week. The annual campaign calls on 150 Queensland men to grow a beard over winter, to encourage men to talk about their health and raise funds for those affected by cancer.

Cancer Council Queensland spokesperson Katie Clift said it was time for men to put away the razor and get hairy for the cause.

"Taking part in Beard150 is a unique way to start a conversation about men's health, the importance of early detection and support services available to men," Ms Clift said.

One in five Queensland men will be diagnosed with prostate cancer before the age of 85, and one in 10 men will be diagnosed with melanoma or colorectal cancer.

Ms Clift encouraged Queensland men to get creative with their beard styles this winter.

"Whether you go for long stubble, a van dyke, bandholz, circle beard or your own creation to keep your chin warm for winter – every beard counts in the fight against cancer," Ms Clift said.

To register for Beard150 or donate, visit cancerqld.org.au/beard150 or call 1300 65 65 85.

All funds raised through Beard150 support Cancer Council Queensland's vital work in cancer research, prevention and patient support services.

For more information about Cancer Council Queensland, visit cancerqld.org.au or call Cancer Council's 13 11 20.



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Intelligent and naturally curious mammals, the whales greet their visitors with playful behaviour that will both charm and surprise you. You will be awestruck as these gentle giants breach, blow and frolic only metres away!

In conjunction with Brisbane Whale Watching we have a family pass to give away. The prize entitles two adults and two children (4 to 14 years) to a full day whale watching experience.

The prize includes the full day whale watching cruise and buffet lunch. Whale sightings are guaranteed.

The cruise commences boarding at 9.30am for a 10.00am departure from the Redcliffe Jetty.

To enter simply email **adz@northlakemessenger.com.au** with "Whale Watching Comp" in the subject line and tell us which months the whales come through Moreton Bay (you shouldn't have to google this one, the answer may be staring you in the face). Entries close Thursday July 14. Good Luck!

NOTE: The prize is for mid-week travel only and must be used before Friday 2nd October 2016.

NOTE: All regular family pass inclusions and disclaimers apply. For more information see www.brisbanewhalewatching.com.au



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Look out, there are whales about

From now until early December, boaties need to keep a sharp eye out for humpback whales as these mammoth creatures move along the Queensland coast on their annual migration northwards from the Southern Ocean.

Minister for Environment and Heritage Protection and Minister for National Parks and the Great Barrier Reef Dr Steven Miles said the risks to boaties and others using the water became greater each year as whale numbers recovered from near-extinction following cessation of hunting in Antarctic and Australian waters.

"From a low of about 500 humpbacks travelling up our coast in the mid 1960s, we now have more than 20,000 making the journey from Antarctica each year to breed, calve, and enjoy the warmer waters," Dr Miles said.

"The population's recovery is one of the world's great conservation success stories, and we reap the tourism benefits here in Queensland.

"The sight of these immense creatures and their calves parading past our coastline is a wonderful thing to behold. It's a spectacle that draws people from interstate and overseas, to marvel at the humpbacks from whale-watching tour boats and headlands.

"People think of humpbacks as gentle giants, but they are known to nudge boats, and also to slap their tails or leap out of the water in explosive breaches close to watercraft.

"Remember that humpbacks are huge, unpredictable, 40-tonne mammals and you don't want to get in their way. They travel at night as well as by day.

"Generally, a single boat cannot

come closer than 100 metres from a whale, and a maximum of three boats are allowed within 300 metres of a whale at any one time.

"Within the 300 metre 'caution zone', boats cannot travel at more than six knots or create a wake.

"Personal watercraft such as jet skis must also keep 300 metres away.

"There is also a special interest declaration banning any boat or watercraft from approaching within 500 metres of white whales such as Migaloo.

"The approach limits are there for your safety and theirs. Details are at www.ehp.qld.gov.au. There are stiff fines for getting too close. The fines are higher for white whales such as Migaloo, giving them more protection against harassment."

Dr Miles said it wasn't possible to predict when or if Migaloo might arrive this year.

"There were unconfirmed sightings of Migaloo in Queensland waters in 2015. Researchers in New Zealand's Cook Strait obtained a DNA sample from a white whale in July 2015 that was later confirmed as Migaloo.

"So we will just have to keep our fingers crossed that he'll show up this year, and enjoy seeing all the other humpbacks in the meantime," Dr Miles said.

He said that whale season also unfortunately meant the possibility of strandings.

What to do if you see a stranded whale

If you see a stranded whale, report it as soon as you can to the RSPCA on 1300 264 625 (1300 ANIMAL).

If you're waiting for expert help to arrive, take care of your own health and safety first.

Remember that whales can injure you with their head and tail and, like all animals, they can carry diseases than can be transferred from animals to humans.

Do not attempt to push the whale back into the water, however tempted you are to do so, as this adds to the whale's distress and potentially places you in danger.

my daughter has become fascinated with hanging out a cemeteries at night

Hi Leonie,

I have been reading your wonderful column for years and I would really like to hear your advice on a terrible issue I am having with my 14 year old daughter. I know that you are also qualified in Early Childhood and figure you must work with lots of children. Over the last year or so my daughter has become fascinated with the idea of ghosts and ghost tours and hanging out a cemeteries at night.

Of course she has a curfew but it has been an increasing job to monitor her without locking her in the house. We only find out after the fact that her and her group have caught buses to Toowong Cemetery and it is nothing for her to lie to our faces.

My mother died last year and even this has not seen her stop with the ghost nonsense. I don't want you to get the wrong idea as she really is mostly a good kid with lots of great qualities. Her father just doesn't want to hear about any of this and I'm becoming increasingly worried. She used to be interested in working with animals and really into volunteer work at an animal shelter.

This has all been put in the past and all she talks about now is ghosts and saving up to go on ghost tours. She wants to go to America and work on one of those ghosts shows that visit and record haunted places.

I have banned psychic shows but she just watches them on her phone I'm sure. No one else seems to be having this problem with their kids and the school counsellor was a waste of time with no help or suggestions what so ever. I am so sick of people telling me that she will grow out of it because I feel that the problem is growing and not going away any time soon.

Name withheld by request/North Lakes

Hi,

The first thing I want you to know is that while you may not have heard of others having this problem it is something I work with at least twice a year.

In some ways you are fortunate that this issue has surfaced while your daughter is a minor and still under your parental governance. Often times I see this fascination happen at the age of 17 or 18 and there is nothing a parent can really do except provide input that is often not welcome. In the case of a minor like your daughter, I find that lecturing and outlawing programs and so on is not very effective. So what will help?

A strategy that I have used more times than I can count is to have the parent take the child to a cemetery during the day at a time when the cemetery is in high sunshine. Visit graves and read the inscriptions such as: Loving mother to someone, cherished daughter of someone, war hero and so on. Pay particular attention to headstones that have a bit of a biography.

Explain to your daughter that everyone at rest in the cemetery, at one time was just like her. They studied in the hopes of a better future, they worked towards their dreams, they loved, they had children, brothers and sisters, aunts and uncles. They worried about themselves and about others. At one time they felt the same sun on their backs and faces as she is feeling and they also felt the same breeze stirring their hair and they had interests and fears and no doubt worried about everyday mundane things like paying bills.

The idea is to expose your daughter to the truth and to humanise the experience of death. Explain to her that death comes to us all and is a natural part of life. Draw her attention to others that are visiting and tending to the graves of loved ones. Show her that a cemetery is a place of rest, respect and remembrance and that it's not a macabre or supernatural thing. You might ask her how she would feel if she learned that kids were hanging out and playing spook games at her grandmother's place of rest and does she really think that this is how we should respect our family members and the family members of others.

Now some teenagers rebel after this and get moody and sulky and they may turn up the bad behaviour, but I find that about 3 or 4 days after the cemetery visit, they move away from the whole idea and begin getting interested in their old hobbies. Nothing is guaranteed to work but this is where I suggest you make a start.

Til next week, Leonie :)

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
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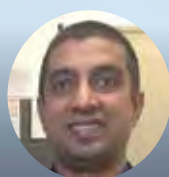


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Let's go Skiing! WITH CEI CREIGHTON

If you're the kind of person who sees those "ski gear" special buys at the local Aldi and ponders to themselves "but this is Queensland?" then this is for you. Many of your fellow Queenslander's rug up and head south for the snow. But this being Queensland, we're going to need a little more info...

This pic: Snowboarding at Perisher. Image courtesy of Tourism Australia/Nolen Oayda

It's winter in Australia and the ski resorts are looking as good as they have in years. Growing up in the snow in Canada (I was even born in a snow storm!) has created special memories, of skating on the frozen lake after my father shovelled off the loose snow, cross country skiing or snow shoeing to school, and the magic of the first snow fall each year. That magic never fades and this is the perfect time to make your own frozen memories.

I am often asked if skiing in New Zealand is better than Australia and that's a hard one to answer as 'better' can be very relative. The Pro's for skiing in Australia – NO passport needed and cost per day is lower compared to NZ (taking all things into consideration). The Pro's for skiing NZ South Island – they make our mountains look like molehills. But let's face it, we must have the goods as our slopes produced the best snowboarder in the world Google Torah Bright!

For those who have not spent much time in the snow here are a couple of definitions and tips.

Ski In, Ski Out (or On Mountain)

This is exactly as it sounds. From the front door of your accommodation you click your boots into your bindings and you are away! At the end of the day, unclick and walk inside. Usually more expensive due to the proximity to the lifts, but no walking, no buses, no hassles.

Off Mountain (the opposite of above).

You will need to commute (usually via shuttle bus) from your accommodation to the lift each day, taking your gear and ski's or board with you. BIG cost savings this way, and don't worry, there are café's to rest at during the day on the mountain.

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Lift Pass

Regardless of where you want to ski and what type of accommodation you have, you will need a lift pass to access the various lifts. These come in a single day use, or a more economical multi day use. Depending on where you are they may also cover a range of different mountains. A personal bit of insight here - unless you are a VERY seasoned skier/snowboarder, three full days in a row on the skis will be a stretch. Expect to have some rest days when purchasing a "consecutive days" lift pass.

Gear

Unless you plan on making this a regular habit, I would suggest hiring all your gear (skis/board, boots, poles, jacket, pants, helmet, etc.) the first time or buy some second hand. Take a few pairs of gloves though and remember to dress in layers.

Lessons

The best investment you will make! When I moved to Australia, I wanted to learn to surf (clearly having a mid-life crisis) and after much time spent under water I paid for a few lessons and it was worth every penny. The same goes for skiing, you will get FAR more enjoyment when your skill set keeps you upright. Have one or two on your first day, then a follow up the next day and your body will thank you.

NSW Ski Resorts

Perisher - has the largest and most expansive ski terrain in Australia. For those who want variety ranging from numerous beginners

runs to steep, challenging slopes, or skiing amongst trails of gum trees, this is the resort to visit. This resort is the combination of 4 separate resorts: Perisher, Blue Cow, Smiggin Holes and Guthega. The ticketing system allows access to all four ski resorts on the one pass.

Thredbo - The village is lovely and caters well for the après ski crowd. The skiing is not as diverse in comparison to Perisher, but when there is sufficient snow to go from top to bottom, the long Supertrail is fantastic! However, when the snow is only on the top reaches of the resort, the skiing here is limited.

Jindabyne - this is the town closest to the two ski resorts of Thredbo and Perisher. Many vacationers will choose to stay at Jindabyne to save on costs and for the choice to ski at Perisher or Thredbo. Bullocks Flat is the location of the Ski Tube. This is the Alpine train that goes through the mountain to Perisher and then Blue Cow, super efficient. There is ample parking and you don't need chains to get to Bullocks Flat. If you drive to the ski resorts, the National Parks charge an entry fee, about \$27 a day, and you must carry chains in the car.

Victoria Ski Resorts

Fall's Creek - This is the loveliest ski resort in Victoria. Both the village and ski terrain are well designed and the lifts fast and efficient. Free shuttle buses (or Oversnows) run through the entire village, so you can get from one side to the other without walking. The cross country ski trails are extensive and

well groomed, which is why our best skiers of this style are home grown at Falls Creek. The village is almost entirely "ski in, ski out" when conditions suit, making it easy to get to and from the slopes.

Mt Hotham - Mt Hotham has a reputation for its steep pistes (runs). It is a well-developed, purpose built resort quite well spread out. There are free shuttle buses servicing the resort to take skiers from their accommodation to the top of the ridge where the lifts are located.

Mt Buller - This is the closest resort to Melbourne, only three hours drive, which makes it hugely popular with the weekend crowds so it can be very busy. However it's a great resort and with a new chairlift which offers the most state of the art system of all Australian resorts.

The snow gods have dumped bucket loads on the slopes for a perfect start to the ski season last weekend. It's shaping up to be a sensational winter wonderland, so grab your beanie and head south to see winter in all its glory. And if skiing isn't your thing, there are so many more ways to enjoy the magic of a winter snowfall... It never gets old.

ABOUT CEI CREIGHTON

Cei Creighton is a Mobile Travel Agent living in North Lakes with her family. She has travelled near and far extensively, and loves to help others do the same. For professional travel advice contact Cei at [0410 465 205](tel:0410465205), cceighton@mtattravel.com.au or www.mtattravel.com.au/ccreighton



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The practice now offers the convenience of online bookings at www.unitedmedical.net.au or download the Health Engine app to your phone.

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- Immunisations
- Minor Procedures
- Antenatal Care
- Enhanced Primary Care-Health Assessments
- Spirometry
- ECG (Electrocardiography)
- Worker's Compensation
- Veteran's Affairs
- General Medicine
- Family Health
- Children's Health & Adolescent Health
- Women's Health
- Men's Health
- Travel Health
- Allied Health Services
- Insurance Medicals
- Driver's License Medicals-Commercial & Dangerous and Private
- Pre-Employment Medicals

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Better Indigenous health is a dream worth pursuing

BY DR ANITA, BRISBANE NORTH PHN

For Aboriginal and Torres Strait Islander peoples, the Dreamtime describes a time when the earth, people and animals were created by ancestral spiritual beings, a time long before their proud culture came to be defined by poor health status.

The Dreamtime also sets the scene for this year's NAIDOC Week (3 – 10 July), which celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

The theme for NAIDOC this year is 'Songlines: The living narrative of our nation'. Songlines are the dreaming tracks that crisscross Australia and trace the journeys of ancestral spirits.

They are recorded in traditional songs, stories, dance and art, and carry significant spiritual and cultural connection to knowledge, customs, ceremony and lore of many Aboriginal nations and Torres Strait Islander language groups.

But, while Aboriginal & Torres Strait Islander peoples make up more than 2.4 per cent of the population and are a vibrant, integral part of Australian culture, there is compelling evidence of massive social and economic disadvantage experienced by Indigenous peoples.

According to the National Aboriginal Community Controlled Health Organisation (NACCHO), this disadvantage makes the excess morbidity and mortality of Aboriginal and Torres Strait Islander peoples utterly predictable.

It also confirms the reality that Aboriginal and Torres Strait Islander peoples have always known; that is the knowledge that racism and health are inexorably linked.

This theory is supported by a number of research findings on the social determinants of health.

On such study, published in 2011, found racism had major adverse impacts on the health of Indigenous Australians, and significantly hindered their access to effective health care. It recommended a number of strategies to address the impact of racism on Indigenous Australians.

These recommendations included addressing structural determinants of health inequities, improving community awareness regarding racial prejudice, strengthening political will to address racism, improving cultural competence among health workers, and health service redesign to facilitate optimal access to Indigenous health care.

The structural determinants approach is particularly important. There is a significant body of evidence which has examined how health is moulded by neighbourhoods, family, and social connections, social marginalisation, and actual or perceived control over one's life and workplace.

Furthermore, the unequal distribution of negative health-related behaviours, like smoking and alcoholism, adversely affects people who are already disadvantaged.

Racially and ethnically biased clinical decision making has also been shown to contribute to poorer health care and outcomes.

NACCHO says Australia is alone among comparable developed nations in its failure to make significant inroads into the health status of its Indigenous population over the past 30 years.

It points North America and New Zealand as evidence to support its claim that much can be achieved to improve Indigenous healthcare over relatively short periods of time.

Medicare is one avenue available to Indigenous Australians to help them improve their health.

All Aboriginal and Torres Strait Islander peoples are eligible for an annual Indigenous-specific health check, listed as item 715 on the Medicare Benefits Schedule.

This MBS item aims to help Aboriginal and Torres Strait Islander peoples receive primary health care matched to their needs, and encourages early detection, diagnosis and intervention for common and treatable conditions that cause morbidity and early mortality.

It is normally conducted by chronic disease nurses, who have a broad understanding of cultural issues, and involves discussing medical history, social and emotional wellbeing, and completing some simple tests to identify any risk of chronic disease.

Contact your local General Practice or Aboriginal Medical Service to access this health check.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



Norths is excited to announce that the Club will soon be undergoing a multimillion dollar refurbishment!

The purpose behind the refurbishment is to offer patrons more space, increased facilities and giving the Club a new modernised look and feel. Some of the exciting new facilities include a sports bar, increased café dining, dedicated member services, additional seating in Char restaurant and upgraded restrooms.

Work will also be done in the entry, foyer and gaming room to create an opulent and inviting space. Whilst planning the refurbishments, the needs of the staff were also taken into consideration.

The staff will soon be able to enjoy improved facilities and new administration offices.

While the refurbishments will take some months to complete, the finished product will definitely be worth the wait.



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Information for members and their Guests.

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WHAT'S ON

Our guide to what's on

Easily submit your event on our homepage

www.northlakesmessenger.com.au

GUBBI GUBBI BUSH TUCKER GIRL - BOOK LAUNCH
SATURDAY 9TH JULY 11AM AT THE CABOOLTURE LIBRARY
AND SUNDAY 10TH JULY 8:30AM AT THE OLD PETRIE
TOWN MARKETS - DAYBORO ROAD.

Cost: FREE

Local author and indigenous community advisor, Christine Stuart, will launch her new book *Gubbi Gubbi Bush Tucker Girl*, written as a cultural resource in the traditional local language of Gubbi Gubbi. More info at www.buluyabun.com

NAIDOC FAMILY FUN DAY

Sunday 10 July 2016, 10.00am - 3.00pm
Kupidabin Wilderness - 7 Lyell Court, Mt. Samson

Cost: FREE

There will be a great variety of cultural ceremonies and activities for all ages this Sunday beginning with flag raising, Welcome to Country and Smoking ceremonies. Continuing throughout the day with Aboriginal Dancers and Didgeridoo Players, Story of the Songlines, Children's activities and Yarning Circle Story Telling. There will be a special presentation by Aboriginal Elder Rev. Auntie Jenny Thompson.

BAILEY ROAD MARKETS

Every Thursday from 8am-1pm
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Cost: FREE

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MISTLETOE MYSTERY - INSIDEOUTSIDE THEATRE CO.

FRIDAY 15 & SATURDAY 16 JULY

The Corso North Lakes

Cost: Adult \$45, table of 8 \$315 (includes booking fee)

This murder mystery is coming to you for Christmas in July and is another interactive, dinner theatre production from InsideOutside Theatre Company.

Renowned private detective Erin Dawes has taken on a new assignment and it is very close to her heart. Set in Santa's Grotto, this murder mystery will keep all you amateur detectives on your toes as you try to crack the case.

Served up over a freshly cooked two course meal, this is an event not to be missed. So dig out your Christmas hat and baubles and join us for a night of fun, good food and intrigue.

The venue is BYO.

Book at the www.stickytickets.com.au/38352 or call Angela on 0499002989

OUTSIDE, INSIDE BOX COMMUNITY ART THERAPY WORKSHOP

Tuesday July 26th - 9:30am - 1:30pm

Encircle Redcliffe Neighbourhood Centre, 1 Lamington Drive, Redcliffe

Cost: \$35

A powerful art based play-therapy workshop for adults, which involves utilizing the box as a kind of self portrait. The art is created for private reflection, rather than for public viewing. Art experience is not necessary. To book your place please call 0451493678 or email facilitator Shanna McLeod splayarttherapy@outlook.com. For more information visit www.splayarttherapy.com

RAINDROPS AND RAINBOWS: SENIORS WEEK CONCERT

THURSDAY AUGUST 18, 10.30AM

Redcliffe Cultural centre

Cost: \$12

A variety concert. Enjoy music, song, dance, ukulele, poetry and a host of acts by the talented performers at U3A Redcliffe inc. And the moreton bay region. U3A Redcliffe provide learning for leisure and pleasure for older adults in their third age.



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Redcliffe Table Tennis

Local club seeking new members

Are you an avid table tennis player? Part-time paddler? Ping Pong curious? Well good news everyone! Historic local club, the Redcliffe Table Tennis Association, is seeking fresh blood for their Friday night friendlies.

The Redcliffe Table Tennis Association has been popping off for 25 years and offers a social atmosphere for players of all skill levels.

Players of all ages are welcome. The only requisite is appropriate footwear as quality Stiga tables, 3 star balls (the highest quality available), and bats are provided for use by casual visitors. For children, naturally you should be able to see above the table.

The club gets together at Clontarf High School Gymnasium in Isobel Street Clontarf every Friday night from 7.30pm and runs for two-and-a-bit hours. Club membership is a paltry \$17 a year, but you don't have to be a member to play, casual attendees can pay just \$7 per night to try their hand at the table.

The club is seeking both interested players and keen committee members to actively promote the club as President Terry Denny plans to step down later this year. After 15 years Terry is off to pursue his other interests and leaves the club financially in good shape.

For further information contact Terry on 0407 007 143 or email redcliffe.tta@gmail.com.



Casual attendees can pay just \$7 per night to try their hand at the table

Aligned with the Lady Cilento Children's Hospital Eye Clinic

The Ophthalmology department at LCCH has experienced very strong demand for Paediatric Eye Care since the Hospital opened in November 2014. To help release some of the pressure on its services, the ophthalmology department has enlisted a number of community based optometrists with relevant training and experience, as well as a commitment to evidence-based paediatric eye care.

Initially, forty three optometrists spread throughout Queensland will provide follow-up care using evidence-based best practice clinical care pathways as well as liaising with and reporting findings to the team at the LCCH Eye Clinic.

The Queensland Children's Eye Health Steering Committee has issued the following statement:

"Dr Simon Little has been invited to participate in the Lady Cilento Children's Hospital (LCCH) Eye Clinic's Paediatric Optometry Alignment Pilot Program. This innovative program plans to establish a network of dedicated and specialised eye health clinicians (Ophthalmologists, Optometrists and Orthoptists) with up-to-date knowledge and skills to deliver an exceptional level of care for children with eye-related problems. The program will provide aligned optometrists with access to education resources for effectively treating children as well as a direct communication link with the clinicians of the LCCH Eye Clinic in order to seek advice in the care of individual children where necessary. This ensures your child will be treated by an optometrist who is in partnership with some of Queensland's leading children's eye health clinicians with a charter to deliver the best possible care."

For more information, see:

<http://www.childrens.health.qld.gov.au/home/lcch/departments-services/departments-ophthalmology/poap/>

www.childrens.health.qld.gov.au/wp-content/uploads/2016/05/wibo.pdf

Dr Simon Little is a therapeutically endorsed optometrist and experienced paediatric optometrist. He owns and operates North Lakes Optometry, the only 100% Optometrist-owned Optometry Practice in North Lakes. Located at 4/12 North Lakes Drive (diagonally opposite the St George Bank). Parking available behind the building): phone 3491 6786. www.northlakesoptometry.com.au

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Your Stars



Aquarius Jan 21-Feb 19: Usually you explore alternatives, but focus on the bottom line for now. Do this successfully and you'll open up future possibilities.



Pisces Feb 20-March 20: You didn't think you were good enough for someone, but you receive news to the contrary. Yourself confidence also needs a much needed boost.



Aries March 21-April 20: You should never apologise for your passions, however it's wise to tone them down at times. You don't have to go at everything full throttle.



Taurus April 21-May 21: You like creature comforts. It's why you tend to settle. But the fire in your belly will be reignited this week.



Gemini May 22-June 21: If you want a reality check then take stock of accomplishments. They reveal a more accurate track record than your current mood will.



Cancer June 22-July 23: If it's true that adversity introduces you to strengths you never knew you had, then you must be reigning champ in your class.



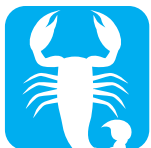
Leo July 24-Aug 23: Approval ratings are as shifting sand. Stick with one consistent message and people will eventually respond and support you.



Virgo Aug 24-Sept 23: You thought you had undersold yourself, but in truth you've placed yourself in a very strategic position.



Libra Sept 24-Oct 23: Changes at home end up being more positive than you imagined. Sometimes its reality rather than the pursuit of perfection-that delivers.



Scorpio Oct 24-Nov 22: Just when you feel stuck, you'll soon have a change of scene if you want to take it. You need a refresher course in the world beyond your doorstep.



Sagittarius Nov 23-Dec 21: Push now and you'll burn out. Pace yourself and you'll go the distance.



Capricorn Dec 22-Jan 20: You thought you had reached the end of the line but as one door closes another opens. This could be the answer to your prayers.

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NINE

6.00 PAW Patrol. **6.30** Dora.
7.00 Weekend Today. **10.00**
 Today Extra: Saturday. (PG) **12.00**
 The Conversation. **12.30** Hot In
 Cleveland. (PG) **1.00** The NRL
 Rookie. (PG) **2.00** Community.
 (PG) **2.30** The Voice. (PG) **5.00**
 News: First At Five. **5.30** Getaway.
 (PG) **6.00** Nine News. **7.00** Movie:
 The Fugitive. (PG) (1993) Harrison
 Ford, Tommy Lee Jones. A man is
 wrongly convicted of murder. **9.35**
 Movie: U.S. Marshals. (M) (1998)
 Tommy Lee Jones, Wesley Snipes,
 Robert Downey Jr. A US Marshal
 pursues an escaped fugitive. **12.10**
 Movie: Frantic. (M) (1988) Harrison
 Ford. **2.30** Cops Uncut. (M) **3.00**
 Anger Management. (M) **3.30**
 Avengers. (PG) **4.30** Global Shop.
5.00 Leading The Way. (PG) **5.30**
 Wesley Impact.

GO!

6.00 Children's Programs. **12.00**
 Kitchen Whiz. **12.30** Yu-Gi-Oh!
 (PG) **1.00** Yu-Gi-Oh! (PG) **1.30**
 Yo-Kai. (PG) **2.00** Wild Kratts.
2.30 Sonic Boom. (PG) **3.00**
 Power Rangers Dino. (PG) **3.30**
 Ninjago: Masters Of Spinjitzu.
 (PG) **4.00** Teen Titans. (PG) **4.30**
 Ben 10. (PG) **5.00** Justice League
 Unlimited. (PG) **5.30** Batman. (PG)
6.00 Movie: Spy Kids 4: All The
 Time In The World. (PG) (2011)
7.45 Movie: Jack The Giant Slayer.
 (PG) (2013) **10.00** Movie: Hansel
 & Gretel: Witch Hunters. (MA15+)
 (2013) **11.50** Go Girls. (MA15+)
1.50 Surfing Australia TV. **2.20** GO
 Surround Sound. (M) **2.30** Yo-Kai.
 (PG) **3.00** Yu-Gi-Oh! (PG) **3.30**
 Yu-Gi-Oh! (PG) **4.00** Beware The
 Batman. (M) **4.50** Thunderbirds.
5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00**
 Weekend Sunrise. **10.00** Morning
 Show. (PG) **12.00** Road To Rio.
12.30 Olympians: Off The Record.
 (PG) **1.00** Bewitched. **1.30** I Dream
 Of Jeannie. **2.00** Movie: Center
 Stage: Turn It Up. (PG) (2008)
4.00 Better Homes. **5.00** Creek To
 Coast. **5.30** Qld Weekender. **6.00**
 News. **7.00** Movie: The Mummy.
 (PG) (1999) Brendan Fraser. **9.30**
 Movie: Lara Croft: Tomb Raider.
 (M) (2001) Angelina Jolie, Jon
 Voight, Iain Glen, Noah Taylor. A
 young female adventurer battles
 an evil organisation for possession
 of a magical device. **11.30** Tennis.
 Wimbledon. Day 12. Women's
 singles final and men's doubles
 final. **4.00** It Is Written. (PG) **4.30**
 Sons And Daughters. (PG) **5.00**
 Dr Oz. (PG)

7TWO

6.00 Shopping. **8.00** Room For
 Improvement. **9.00** The Real
 Seachange. (PG) **10.00** Travel Oz.
 (PG) **11.30** Best Houses Australia.
12.30 Dealers. (PG) **1.30** The
 Great Australian Doorstep. (PG)
2.00 Home In WA. **2.30** Great
 South East. **3.00** Creek To Coast.
3.30 Qld Weekender. **4.00**
 WA Weekender. **4.30** Sydney
 Weekender. **5.00** Road To Rio.
5.30 Secret Location. (PG) **6.30**
 A Touch Of Frost. (PG) **8.30**
 Escape To The Country. **9.30**
 Original Features. **10.30** Tennis.
 Wimbledon. Day 12. Women's
 singles final and men's doubles
 final. **11.30** Motorway Patrol.
 (PG) **12.30** Sydney Weekender.
1.00 WA Weekender. **1.30** Qld
 Weekender. **2.00** Creek To Coast.
2.30 Late Programs.

TEN

6.00 Fishing Edge. **6.30** The
 Home Team. **7.00** RPM. **8.00**
 Family Feud. **8.30** St10. (PG)
11.00 The Talk. (PG) **12.00** Motor
 Racing. International V8 Supercars
 Championship. Townsville 400.
 Qualifying and Race 14. **6.00**
 Modern Family. (PG) Gloria
 challenges Jay's claims. **6.30** Bondi
 Vet. (PG) On the Gold Coast, Dr
 Chris Brown comes to the aid of a
 pelican found with terrible injuries
 to his foot. **7.30** Movie: The Best
 Exotic Marigold Hotel. (2011)
 Judi Dench, Bill Nighy. A group of
 retirees travels to India. **10.00** To
 Be Advised. **11.00** 48 Hours. (M)
12.00 48 Hours. (M) A look at the
 murder of Patrick Duffey in 2007
 at the hands of his wife. **1.00**
 Shopping. **4.30** It Is Written. (PG)
5.00 Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Star
 Trek: Voyager. (PG) **9.00** Hogan's
 Heroes. **10.00** World Sport. **10.30**
 Jake And The Fatman. (PG) **11.30**
 MacGyver. (PG) **12.30** Walker,
 Texas Ranger. (PG) **1.30** Diagnosis
 Murder. (PG) **2.30** M*A*S*H.
 (PG) **3.30** The Unstoppables. (PG)
4.30 Reel Action. **5.00** Adventure
 Angler. **5.30** Escape Fishing With
 ET. **6.00** The Renovation King.
6.30 Last Man Standing. (PG) **7.30**
 Star Trek: The Next Generation.
 (PG) **8.30** Zoo. **9.30** Minority
 Report. (M) **10.30** Crisis. (M)
11.30 Legends. (M) **12.30** Bellator
 MMA. (M) **2.40** Star Trek: The
 Next Generation. (PG) **3.40** RPM
 GP. **4.10** RPM. **5.10** Daryl Beattie
 Adventures: The Simpson Desert.
5.40 Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.30** Rage.
 (PG) **11.30** Reality Check. (PG)
12.05 Bucksin. **1.00** The Gods
 Of Wheat Street. (M) Final. **2.00**
 Antiques Roadshow. **3.00** Tony
 Robinson's Time Walks. (PG) **3.30**
 Time Scanners. **4.30** Landline.
5.00 Midsomer Murders. (PG)
6.30 Gardening Australia. **7.00**
 ABC News. **7.30** The Coroner.
 (M) **8.15** Indian Summers. (M)
9.05 The Doctor Blake Mysteries.
 (M) **10.05** Rake. (M) Final. **11.00**
 8MMM. (M) **11.25** Rage. (MA15+)
5.00 Rage. (PG)

ABC2

6.00 Children's Programs. **5.50** Go
 Jetties. **6.00** Hey Duggee. **6.10**
 Octonauts. **6.20** Peter Rabbit. **6.35**
 Teacup Travels. **6.50** Shaun The
 Sheep. **7.00** Spicks And Specks.
 (PG) **7.30** Highway Thru Hell. (PG)
8.15 Would I Lie To You? **8.45** The
 Chaser's Election Desk. **9.15** Live
 At The Apollo. (M) **10.00** Comedy
 Up Late. (M) **10.30** Broad City. (M)
10.55 Adam Hills: The Last Leg.
 (M) **11.35** Adam Hills: The Last
 Leg. (M) **1.00** Adam Hills: The
 Last Leg. (M) **1.45** Adam Hills: The
 Last Leg. (MA15+) **2.30** Highway
 Thru Hell. (PG) **3.15** News Update.
3.20 Close. **5.00** Franklin And
 Friends. **5.20** The Koala Brothers.
5.30 Bert And Ernie. **5.40**
 Dorothy The Dinosaur. **5.50** Tilly
 And Friends.

SBS

6.00 WorldWatch. **7.00** Tour
 De France: Daily Update. **8.10**
 WorldWatch. **10.30** German
 News. **11.00** Spanish News. **12.00**
 Arabic News. **12.30** Turkish News.
1.00 Cycling. Tour de France.
 Stage 7. Replay. **3.00** The Real
 Man's Road Trip. (M) **3.55** James
 May's Toy Stories. (PG) **5.00**
 Cycling. Tour de France. Stage
 7. Highlights. **6.00** Grand Tours.
6.30 SBS World News. **7.35** The
 Six Queens Of Henry VIII. **8.30**
 RockWiz Salutes The Decades.
9.30 Cycling. Tour de France.
 Stage 8. **2.00** Masters Of Sex.
 (MA15+) **3.10** Masters Of Sex.
 (M) **4.10** Food Lovers' Guide To
 Australia. **4.40** The Fence. (M)
5.00 CCTV English News. **5.30**
 NHK World English News. **5.45**
 France 24 Feature.

SBS2

6.00 WorldWatch. **9.40** Serbian
 News. **10.20** Portuguese News.
11.00 Japanese News. **11.35**
 Punjabi News. **12.05** Hindi
 News. **12.30** Dutch News. **1.00**
 Celebrity Chef. **2.30** Don't Tell
 My Mother... (PG) **3.00** Cycling.
 Tour de France. Stage 7. Replay.
5.00 Brain Games. **5.30** 365: Every
 Day Documentaries. **5.35** Movie:
 The Cat Returns. (G) (2002) **7.00**
 Des Bishop: Breaking China. New.
7.30 If You Are The One. **8.30** The
 Island With Bear Grylls. (M) **9.30**
 Spotless. (MA15+) New. **10.35**
 Spotless. (MA15+) **11.35** Movie:
 Romper Stomper. (MA15+) (1992)
1.20 Movie: Inside Ring. (M)
 (2009) **3.05** Movie: Lie. (M) (2009)
4.40 CCTV News In English From
 Beijing. **5.00** Korean News. **5.30**
 Indonesian News.



MOVIES

8.30pm Wimbledon
 (2004) Comedy.
 Paul Bettany, Kirsten
 Dunst. (M) *Romance*
10.10pm Trainwreck
 (2015) Comedy. Amy
 Schumer, Bill Hader.
 (MA15+) *Romance*
10.20pm Far From
The Madding
Crowd (2015)
 Romance. Carey
 Mulligan. (M)
Masterpiece

GENERAL

7.30pm Wayward
Pines. (M) FX
7.30pm Wipeout.
 (PG) FOX8

8.45pm Winners &
Losers. (M) *SoHo*

DOCUMENTARY

7.30pm
Americarna. (PG)

Discovery Turbo

7.30pm Fatal

Vows. (M) *Crime &*

Investigation

SPORT

6.00am Golf. LPGA

Tour. US Women's

Open Championship.

Second round.

Fox Sports 2

5.30pm Rugby

Union. Super Rugby.

Round 16. Crusaders

v Melbourne Rebels.

Fox Sports 2

7.00pm Football.

AFL. Round 16.

Western Bulldogs v

Richmond. *Fox Footy*

7.30pm Rugby

League. NRL.

Round 18.

Canterbury Bulldogs

v Wests Tigers.

Fox Sports 1

9997

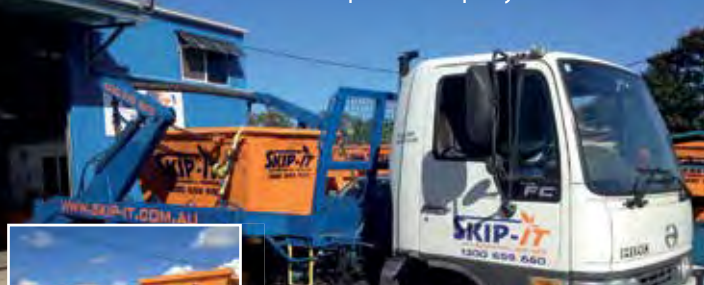
Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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 off Oxley Ave Redcliffe**

NINE

6.00 PAW Patrol. **6.30** Dora The Explorer. **7.00** Weekend Today. **10.00** Wide World Of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Maroon Zone. (PG) **1.30** Rugby League. QRL. Intrust Super Cup. Round 18. South Logan Magpies v Wynnum Manly Seagulls. From Davies Park, Brisbane. **3.30** Rugby League. NRL. Round 18. Penrith Panthers v Cronulla Sharks. From Pepper Stadium, Sydney. **6.00** Nine News. **7.00** The Voice. (PG) Final. **9.00** 60 Minutes. **10.00** See No Evil. (M) **11.00** Major Crimes. (M) **12.00** Constantine. (M) **1.00** Step Dave. (M) **2.00** The Baron. (PG) **3.00** Global Show. **3.30** Skippy The Bush Kangaroo. **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.30** Rabbids Invasion. (PG) **12.00** Sonic Boom. (PG) **12.30** SpongeBob. **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** LEGO Friends. **2.30** Nexo Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Ninjago: Masters Of Spinjitzu. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Ben 10. (PG) **6.00** Movie: The Cat In The Hat. (G) (2003) **7.40** Movie: Zoolander. (PG) (2001) **9.20** Movie: 21 Jump Street. (MA15+) (2012) **11.30** Adult Swim. (M) New. **12.30** The NRL Rookie. (PG) **1.30** Surfing Australia TV. **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Henry Hugglemonster. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Air Crash Investigation. (PG) **1.00** Movie: Girls Vs Monster. (PG) (2012) **3.00** The Story Of Frozen: Making A Disney Animated Classic. (PG) **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** Sunday Night. **8.00** Billy Connolly's Tracks Across America. (PG) **9.00** Bones. (M) A documentary crew follows the team. **10.00** Surveillance Oz. (PG) **10.30** Tennis. Wimbledon. Day 13. Men's singles final and mixed doubles final. **12.00** Tennis. Wimbledon. Day 13. Men's singles final and mixed doubles final. Continued. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written Oceania. (PG) **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Dealers. (PG) **2.00** Secret Location. (PG) **3.00** Original Features. **4.00** Escape To The Country. **6.00** Mighty Ships. **7.00** For The Love Of Dogs. (PG) **7.30** Border Patrol. (PG) **8.00** Motorway Patrol. (PG) A drunk driver loses control. **8.30** Escape To The Country. Prospective buyers find their dream home. **9.30** Escape To The Continent. **10.45** Mighty Ships. **11.45** Mighty Planes. **12.45** Escape To The Country. **2.45** Dealers. (PG) **4.00** Dr Oz. (PG)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** St10. (PG) **11.00** The Talk. (PG) **12.00** Motor Racing. International V8 Supercars Championship. Townsville 400. Top Ten Shootout and Race 15. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Modern Family. (PG) **7.30** MasterChef Aust. (PG) The competition heads to California where they tackle a mystery box in San Francisco. **9.15** Bondi Rescue. (PG) Final. With their jobs up for review, the trainees try to cement their futures by beating the big guns in a challenge. **9.45** Motor Racing. Formula 1. Race 10. British Grand Prix. **12.00** 48 Hours. (M) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Round 16. NSW Waratahs v Hurricanes. Replay. **10.00** Healthy Homes Australia. **10.30** Reel Action. **11.00** Temporary Australians. **11.30** 4x4 Adventures. **12.30** Undercover Boss. **1.30** ST: Next Gen. **2.30** World Sport. **3.00** Loaded. **4.00** Megacities. **5.00** Adventure Angler. **5.30** iFISH. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. **7.30** Russell Coight's All Aussie Adventures. **8.30** Chopper's Republic Of Anzakistan. **9.00** Last Man Standing. **9.30** Movie: Game Of Death. (M) (2010) **11.30** The Unstoppables. **12.30** World Sport. **1.00** The Killing. **2.00** River To Reef. **2.30** Adventure Angler. **3.30** Operation Repo. **4.00** Temporary Australians. **4.30** Monster Jam. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Opera On Sydney Harbour. Aida. **4.35** Australian Story. **5.10** David Attenborough's Micro Monsters. **6.00** Surfing The Menu: The Next Generation. **6.30** Compass. **7.00** News. **7.40** Big Ted's Excellent Adventure: 50 Years Of Play School. **8.40** Barracuda. (M) **9.35** Billy Connolly's Big Send Off. (PG) **10.25** Shaun Micallef's MAD AS HELL. (PG) **10.55** Movie: Mabo. (M) (2012) Jimi Bani, Deborah Mailman. **12.40** By Any Means. (MA15+) Final. **1.40** Rage. (MA15+) **4.10** Billy Connolly's Big Send Off. (PG) **5.00** Insiders.

ABC2

6.00 Children's Programs. **4.45** Sydney Sailboat. **5.00** Play School. **5.05** The Cookie Thief. **5.50** Go Jetties. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. **8.00** The Daters. (PG) **8.30** Michael McIntyre's Comedy Roadshow. (M) **9.15** Louis Theroux's Weird Weekends. (M) **10.05** Russell Brand: End The Drugs War. (M) **11.05** Buzzcocks. (M) **11.35** Confessions Of A Nurse. (M) **12.25** Seconds From Disaster. (M) **1.15** The Home Show. **2.00** News Update. **2.05** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 France 24 English News. **6.30** Deutsche Welle. **7.00** Tour De France: Daily Update. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 8. Replay. **3.00** The Bowls Show. **4.00** Speedweek. **5.00** Cycling. Tour de France. Stage 8. Highlights. **6.00** Grand Tours. **6.30** SBS World News. **7.30** Rome: Empire Without Limit. (PG) **8.30** Cycling. Tour de France. Stage 9. Vielha Val d'Aran to Andorra-Arcalis. 184 km mountain stage. From Spain and Andorra. **2.00** Movie: The First Beautiful Thing. (M) (2010) **4.10** Poh & Co. Bitesize. **4.15** Soccer. UEFA Euro 2016. Final.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: Sparrow. (PG) (2008) **2.40** Friday Feed. **3.05** Cycling. Tour de France. Stage 8. Replay. **5.05** Space Dandy. (PG) **5.35** 365: Every Day Documentaries. **5.40** The Numbers Game. **6.10** The Numbers Game. **6.35** Ninja Warrior Sweden. (PG) **7.30** If You Are The One. **8.30** Drunk History UK. (M) **9.00** South Park. (M) **9.25** South Park. (M) **9.50** Full Frontal With Samantha Bee. (M) **10.20** Sex Box USA. (M) **11.10** Shot By Kern. (MA15+) **11.40** Marwencol. (M) **1.15** Movie: Three Metres Above Heaven. (MA15+) (2010) **3.30** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.15pm X-Men: First Class (2011) Action. James McAvoy, Jennifer Lawrence. (M) **Action** **10.00pm Wedding Crashers** (2005) Comedy. Owen Wilson, Vince Vaughn. (M) **Comedy** **11.20pm No Country For Old Men** (2007) Crime. Javier Bardem, Josh Brolin. (MA15+) **Masterpiece GENERAL** **8.00pm Bob's Burgers**. (MA15+) **Comedy Channel** **8.30pm Strike Back**. (MA15+) **FOX8** **9.00pm The Real Housewives Of Cheshire**. (M) **Arena DOCUMENTARY** **7.30pm Australia Doesn't Just Want To Kill You**. (PG) **Discovery** **9.30pm This Old House**. *Lifestyle Home* **SPORT** **3.00pm Football**. AFL. Round 16. West Coast v North Melbourne. **Fox Sports 3** **4.00pm Rugby League**. NRL. Round 18. Penrith Panthers v Cronulla Sharks. **Fox Sports 1** **11.30pm Golf**. European PGA Tour. Scottish Open. Third round. **Fox Sports 4**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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Disclaimer: The opinions expressed here are not necessarily the opinions of the Messenger. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent.

North Lakes Speedway

Now that the opening of the North Lakes Speedway, North South Arterial, is eminent, why can't the authorities do the right thing and make the speed limit 100 kph. 80 kph is just too slow.

This will allow the motorists who still insist on driving at 75 kph in the 40 kph zone in the existing road the opportunity to really fly.

Fancy having an expressway going through a residential area with such a slow speed.

It would be great seeing large trucks, buses, semi trailers and hundreds of cars going at this speed.

There should not be any hold ups at the junction at Anzac Ave as it will easily cope with the dramatic increase of traffic. Let's have some more of these expressways going through North Lakes.

Mr Old Resident

Development putting kids in danger

I feel our school children need an over pass to safely commute to and from school. Due to the development and expansion in the area our children are having to cross roads which have become extremely busy and dangerous due to speeding arrogant and impatient drivers.

Traffic signals are being ignored by some motorists and children are bullied intimidated at the crossings.

Many children I know have spoken of complaints and fears about incidents and their safety.

I know not all children obey traffic signals, but the safety of all children is paramount.

An over pass on Kinsellas would take them out of harms way. Regards

AJ

Timed Traffic Lights

When can some one do some thing about the deplorable timing of the traffic lights within North Lakes.

They should be timed for the traffic conditions and not the time of the day.

Traffic movements are totally different over the week ends, out of business hours, etc compared to day time.

They should also be retimed during school holidays etc. It is so frustrating to wait for lights to change when there is no other traffic coming or going in any direction.

It is done in other residential areas , so why not in North Lakes.

It is so simple to do with any computerised system.

Leftie

APOLOGY

The Messenger would like to apologise to readers and Zande Law

In our June 25 2016 edition we ran an article titled *Who gets the friends in a divorce?* The article was supplied by Zande Law but the accompanying image was not. The image was chosen by the Messenger.

The stock image depicted a woman wearing boxing gloves pretending to punch a man. While the image was chosen to imply an unhealthy relationship in an attempted humorous manner, we acknowledge that this was an insensitive choice, and was chosen in poor taste.

Domestic violence is an issue that should not be taken lightly under any circumstance and we sincerely apologise to readers for any hurt or offence caused by the image selected.

We would also like to apologise to Zande Law for selecting this image to be used in conjunction with their article. Zande Law was not consulted about the choice of the image prior to publishing.

Editor Dan Fidler.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Who Do You Think You Are? (PG) **2.00** The Briefcase. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** 20 To One. **8.40** Love Child. (M) **9.40** The Briefcase. (PG) **10.40** An Hour To Save Your Life. **12.00** The Brokenwood Mysteries. (M) **2.00** Danzo Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: Cradle 2 The Grave. (MA15+) (2003) **11.30** The NRL Rookie. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Perfect Husband. (M) (2004) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.30** Home And Away. (PG) **7.30** Highway Patrol. (PG) A driver loses control and grabs a crowbar when he learns his car is being impounded by police. **8.00** World's Angriest Caught On Camera. (PG) New. Road rage footage caught on camera. **9.00** Movie: The Bourne Identity. (M) (2002) Matt Damon, Franka Potente, Chris Cooper. A man sets out to discover his identity. **11.25** Grey's Anatomy. (M) Final. **12.25** Packed To The Rafters. (M) **1.25** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Best Houses Australia. **12.00** Escape To The Country. **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** World's Strictest Parents. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) **8.30** Prime Suspect. (M) Approaching retirement, Jane Tennison investigates the murder of a girl. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** World's Strictest Parents. (PG) **2.30** Dr Oz. (PG) **4.30** Where The Volcanoes Roared. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud: Sunday. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. (PG) **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. (PG) **8.40** Have You Been Paying Attention? (M) Ed Kavalee and Sam Pang join Tom Gleisner for a fast-paced, irreverent look at news. **9.40** NCIS: New Orleans. (M) The team investigates a good Samaritan. **10.40** Elementary. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Netball. ANZ Championship. NZ Elimination Final. **8.00** Netball. ANZ Championship. Australian Elimination Final. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (M) **2.00** Monster Jam. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: The Sentinel. (2006) Michael Douglas. **10.45** Chopper's Republic Of Anzakistan. (MA15+) **11.15** Super Rugby Extra Time. (PG) **12.15** Wilfred. (MA15+) **12.45** Motor Racing. Formula 1. Race 10. British Grand Prix. Replay. **3.15** World Sport. **3.30** Diagnosis Murder. (PG) **4.30** Hogan's Heroes. **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News At Noon. **1.00** Breathless. (PG) **2.00** David Attenborough's Micro Monsters. **2.50** Surfing The Menu: The Next Generation. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 200 Bluestone 42. (M) **12.50** The Mix. **1.20** Rage. (MA15+) **3.50** Breathless. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.05** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who Extra. **8.30** Louis Theroux's Weird Weekends. (M) **9.20** Ross Kemp: Extreme World. (M) **10.00** Adam Hills: The Last Leg. (M) **10.45** Jimmy Fallon. (PG) **11.25** Michael McIntyre's Comedy Roadshow. (M) **12.10** Doctor Who. (PG) **1.00** Jimmy Fallon. (PG) **1.40** News Update. **1.45** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 Soccer. UEFA Euro 2016. Final. Continued. **7.30** Tour De France: Daily Update. **8.40** WorldWatch. **1.00** Cycling. Tour de France. Stage 9. Replay. **3.00** Hairy Bikers' Asian Adventure. **4.00** This Is Brazil! **5.00** Cycling. Tour de France. Stage 9. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.35** Predict My Future: The Science Of Us. (PG) **8.30** The Island With Bear Grylls. (M) **9.25** Can We Control Gravity? (PG) **10.30** SBS World News Late Edition. **11.00** Movie: The Black Balloon. (M) (2008) **12.50** Movie: Bronson. (MA15+) (2008) **2.30** Man Down. (M) **3.00** Man Down. (M) **3.30** 24 Hours In Emergency. (M) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** WorldWatch.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 9. Replay. **5.00** House Hazards. (PG) **5.30** If You Are The One. **6.30** 365: Every Day Documentaries. **6.35** Soccer. UEFA Euro 2016. Highlights. **7.35** The Feed. **8.05** Human Resources. (PG) **8.30** Awkward. (PG) **8.55** Faking It. (M) **9.25** Movie: Starred Up. (MA15+) (2013) **11.25** Movie: R. (MA15+) (2010) **1.10** The Feed. **1.40** Assassination Classroom. (PG) **2.10** Assassination Classroom. (PG) **2.35** RuPaul's All Stars Drag Race. (M) **3.30** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Fantastic Four (2015) Action. Kate Mara, Michael B. Jordan. (M)

Premiere
10.15pm The Man From U.N.C.L.E. (2015) Action. Henry Cavill, Armie Hammer. (M)

GENERAL

8.30pm Lookalikes. (MA15+) Comedy Channel

8.30pm Grey's Anatomy. (MA15+) SoHo

9.30pm Castle. (M) Universal Channel

DOCUMENTARY

7.30pm Bondi Rescue. (PG) National Geographic People

8.30pm Afterburn. (PG) National Geographic

9.30pm Five Star Babies: Inside The Portland Hospital. Lifestyle You

SPORT

6.00am Golf. USPGA Tour. The Greenbrier Classic. Final round. Fox Sports 3

9.00am Cricket. Caribbean Premier League. Trinbago Knight Riders v Guyana Amazon Warriors. Fox Sports 2

7.00pm Rugby League. NRL. Round 18. Canberra Raiders v North Queensland Cowboys. Fox Sports 1

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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MON KOMO HOTEL

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Harriet The Spy. (G) (1996) Michelle Trachtenberg, Rosie O'Donnell. A girl spies on her friends and neighbours. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Britain's Got Talent. (PG) **9.30** Movie: The Castle. (M) (1997) Michael Caton, Sophie Lee, Anne Tenney, Stephen Curry. The happy existence of a man and his family is disrupted when they are told they must leave their home. **11.15** 2 Broke Girls. (M) **11.45** A To Z. (PG) **12.10** 20/20. **1.00** Anger Management. (M) **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** The NRL Rookie. (PG) **8.30** Movie: Minority Report. (M) (2002) **11.30** South Beach Tow. (M) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Perfect Getaway. (M) (1998) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Toddlers Make You Laugh Out Loud. (PG) Comical clips featuring toddlers. **8.30** Winners & Losers. (M) Feeling disloyal to the father who raised her, Frances struggles to let Keith in. **9.30** Ramsay's Kitchen Nightmares. (M) Follows chef Gordon Ramsay as he tries to save failing restaurants across Britain. **10.30** The Goldbergs. (PG) **11.30** Bates Motel. (M) **12.30** Wild Boys. (PG) **1.30** The Body Specialists. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Cities Of The Underworld. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** World's Strictest Parents. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Kingdom. (PG) **8.30** Inspector Morse. (M) A journalist who was working on an article about a suppose philanthropist is murdered. **10.30** The Border. (PG) **11.30** Motorway Patrol. (M) **12.30** Bargain Hunt. **1.30** Dealers. (PG) **2.30** World's Strictest Parents. (PG) **3.30** The Border. (PG) **4.30** Across The Roof Of The World. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.10** Ent. Tonight. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. (PG) **8.40** NCIS. (M) Final. The team and their allies in the FBI and M16 continue their international manhunt for an escaped spy. **9.40** NCIS: LA. (M) Final. Sam's son calls for help. **10.40** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Megacities. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Super Rugby Extra Time. **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** 48 Hours. (M) **8.30** Movie: The Client. (1994) Susan Sarandon, Tommy Lee Jones, Brad Renfro. **11.00** The Americans. (MA15+) **12.00** Star Trek: Voyager. (PG) **1.00** Home Shopping. **2.00** Netball. ANZ Championship. NZ Elimination Final. Replay. **4.00** Hogan's Heroes. **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Outback ER. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Breathless. (PG) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** How To Stay Young. **9.30** Foreign Correspondent. **10.00** The Book Club. **10.30** Lateline. **11.00** The Business. **11.20** Q&A. **12.30** The Screening Room. (M) **1.30** Rage. (MA15+) **2.50** How To Stay Young. **3.50** Breathless. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Sydney Sailboat. **5.00** Play School. **5.05** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who Extra. **8.30** Good Game. (M) **9.00** Black Comedy. (M) **9.30** Hard Time. (M) **10.20** Adam Hills: The Last Leg. (M) **11.05** Jimmy Fallon. (M) **11.45** Ross Kemp: Extreme World. (M) **12.30** Doctor Who. (PG) **1.15** Jimmy Fallon. (PG) **1.55** News Update. **2.00** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Classical Destinations. **3.00** Jeff Buckley: You And I. (PG) **3.30** Years Of Living Dangerously. (PG) **4.30** Bill Bailey's Jungle Hero. **5.30** Letters And Numbers. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Great Continental Railway Journeys. **8.30** Insight. **9.30** Dateline. **10.00** Cycling. Tour de France. Stage 10. **2.00** Movie: Monsters. (M) (2010) **3.45** One Born Every Minute. (M) **4.45** Frank-Etienne Towards Beatitude. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.30** Do Or Die. (PG) **5.00** Do Or Die. (PG) **5.30** If You Are The One. **6.30** 365: Every Day Documentaries. **6.35** 30 Rock. (PG) **7.05** 30 Rock. (PG) **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** Miami Porn: Sex Work In The Sunshine State. **9.20** Walk Of Shame Shuttle. **9.50** Walk Of Shame Shuttle. **10.15** Bad Bridesmaid. **11.05** South Park. (M) **11.30** The Feed. **12.00** From Dusk Till Dawn. (MA15+) **12.50** From Dusk Till Dawn. (MA15+) **1.40** @midnight. (MA15+) **2.10** @midnight. (MA15+) **2.45** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm Mad Max: Fury Road (2015) Action. Tom Hardy, Charlize Theron. (MA15+) **Premiere** **8.30pm Ant-Man** (2015) Action. Paul Rudd, Michael Douglas. (PG) **Premiere** **9.35pm Willy Wonka & The Chocolate Factory** (1971) Family. Gene Wilder, Peter Ostrum. (G) **Family** **GENERAL** **7.30pm The Blacklist**. (M) **FX** **7.30pm Stitches**. (M) **FOX8** **8.30pm Wentworth**. (MA15+) **SoHo** **DOCUMENTARY** **7.30pm Churchill's Traitors**. (PG) **History** **8.30pm All Hail The Veil**. (PG) **Lifestyle You** **9.00pm Say Yes To The Dress: Atlanta**. (PG) **Lifestyle You** **SPORT** **10.00am Cricket**. Caribbean Premier League. Match 12. Barbados Tridents v Jamaica Tallawahs. **Fox Sports 2** **10.00am Baseball**. Major League. Home Run Derby. **ESPN** **3.30pm Surfing**. World League. J-Bay Open. Day 7. **Fox Sports 3**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1207

Benefits of Waxing

By Amy Dohle, Zen Chi Natural Therapies & Wellness Centre

Waxing is a very convenient, cost-effective, longer-lasting and a quick method of removing unwanted body hair. As it removes hair directly from the roots, one does not need to worry about hair growth till at least 3-6 weeks. This means your hair free, smooth skin lasts much longer!

Waxing can be used for removing hair from virtually any part of the body. It is commonly used for removing hair on the arms, legs, underarms and bikini line. Other parts of body used for hair-removal are face, including lips, eyebrows and chin, chest and back.

In contrast to other methods of hair removal like hair-removing creams and shaving, waxing does not cause cuts, pigmentation, or badly smelling skin. No harsh chemicals are present in wax, so, the skin is saved from their damaging effect.

Hair that grows after waxing is finer and softer, not rough and hard as after shaving. And the really good thing is - waxing does not cause an ugly stubble as seen in just a day after shaving.

Waxing leaves the skin soft, smooth and rejuvenated because it also removes a layer of dead cells from the surface of the skin, and thus, indirectly serves the function of exfoliating the skin as well.

After repeated sessions of waxing, you will notice a much sparser hair growth. In contrast, shaving stimulates hair growth, because it removes hair at the surface only, not at the root.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Britain's Got Talent. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Rugby League. State Of Origin. Game 3. New South Wales v Queensland. From ANZ Stadium, Sydney. **10.30** The NRL Rookie. (PG) **11.30** The AFL Footy Show. (M) **1.00** Extra. **1.30** Danzo Direct. **2.30** Skippy The Bush Kangaroo. **3.00** Global Shop. **3.00** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Clarence. (PG) **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Adv Time. **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Lethal Weapon 3. (M) (1992) **11.00** For The Love Of Cars. (PG) **12.00** American Digger. (PG) **12.30** Adv Time. **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Face. (M) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Border Security: International. (PG) Follows border security authorities. **8.30** Criminal Minds. (M) The unit tracks down a serial arsonist. (PG) **11.30** The AFL Footy Show. (M) **1.00** Extra. **1.30** Danzo Direct. **2.30** Skippy The Bush Kangaroo. **3.00** Global Shop. **3.00** Good Morning America. **5.00** News Early Edition. **5.30** Today.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** The Great War: The People's Story. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** World's Strictest Parents. (PG) Two teens are sent to Bangalore, India. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. Two couples go to Norfolk Antiques Fair. **7.30** Doc Martin. (PG) **8.30** Lewis. (M) After the body of a recently buried professor is accidentally dug up, Lewis and Hathaway investigate. **10.30** Mighty Planes. **11.30** Motorway Patrol. (PG) **1.00** Bargain Hunt. **2.00** Shopping. **4.00** Dealers. (PG) **5.00** World's Strictest Parents. (PG)

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. (PG) **2.10** Ent. Tonight. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.30** Offspring. (M) Nina gets to know St Francis' new director of clinical education Dr Freeman better. **9.30** Madam Secretary. (M) Dmitri is kidnapped. **10.30** Hawaii Five-0. (MA15+) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Places We Go. **8.30** Reel Action. **9.00** David Attenborough's Africa. (MA15+) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** The Unstoppables. (PG) **8.30** David Attenborough's Africa. **9.30** Bear Grylls: Mission Survive. (M) **10.30** Legends. (M) **11.30** Sons Of Anarchy. (MA15+) **12.30** Home Shopping. **2.00** Netball. ANZ Championship. Australian Elimination Final. Replay. **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.00** One Plus One. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Jennifer Byrne Presents The Seven Deadly Sins. **2.00** Antiques Roadshow. **3.00** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** QI. (PG) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** Catherine Tate's Nan. (M) **9.35** Adam Hills: The Last Leg. **10.20** Lateline. **10.50** The Business. **11.10** Four Corners. **11.55** Media Watch. (PG) **12.10** Dig! (MA15+) **1.55** QI. (PG) **2.30** Catherine Tate's Nan. (M) **3.05** Adam Hills: The Last Leg. **3.50** Breathless. (M) Final. **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Sydney Sailboat. **5.00** Play School. **5.05** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who Extra. (PG) **8.30** Sherlock. (M) **10.00** Adam Hills: The Last Leg. (M) **10.45** Jimmy Fallon. (PG) **11.25** Hard Time. (M) **12.15** I'm Having Their Baby. (M) **1.00** Doctor Who. (PG) **1.45** Jimmy Fallon. (PG) **2.30** News Update. **2.35** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 10. Replay. **3.00** Dateline. **3.30** Insight. **4.30** The World From Above. **5.00** Cycling. Tour de France. Stage 10. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.35** Byzantium: A Tale Of Three Cities. (PG) **8.35** 24 Hours In Emergency. (M) **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 11. **2.00** Movie: Dumas. (M) (2010) **3.55** Salvage Hunters. **4.55** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 10. Replay. **5.00** Notes On Biology. **5.05** House Hazards. (PG) **5.35** If You Are The One. **6.35** 365: Every Day Documentaries. **6.40** 30 Rock. (PG) **7.10** 30 Rock. (PG) **7.35** The Feed. **8.05** Geeks Who Drink. (PG) **8.30** Movie: Big Trouble In Little China. (M) (1986) **10.20** Movie: The One. (M) (2001) **12.00** The Feed. **12.30** Lip Service. (MA15+) **1.30** Lip Service. (MA15+) **2.30** Uncle. (M) **3.05** Free Radio. (PG) **3.30** Free Radio. (PG) **4.00** Free Radio. (PG) **4.30** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.05pm Avengers: Age Of Ultron (2015) Action. Robert Downey Jr., Chris Evans. (M) **Premiere** **7.25pm Amélie** (2001) Comedy. Audrey Tautou, Mathieu Kassovitz. (M) **World Movies** **8.30pm Southpaw** (2015) Drama. Jake Gyllenhaal, Rachel McAdams. (MA15+) **Premiere**

GENERAL

7.30pm The Last Ship. (MA15+) FX **7.30pm Family Guy**. (M) FOX8

9.30pm Law & Order: LA. (MA15+) Universal Channel

DOCUMENTARY

7.30pm Deadliest Catch. (PG) **Discovery** **8.30pm 200 Years Of Verdi: A Gala Concert**. (NC) Foxtel Arts **8.30pm Kit Carson**. (PG) **History**

SPORT

10.00am Basketball. NBA. Summer League. ESPN2 **10.00am Baseball**. Major League. All-Star Game. National League All-Stars v American League All-Stars. ESPN **7.30pm AFL 360**. Fox Footy

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

1307



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Thundertruck. (PG) (2012) Kevin Durant, Taylor Gray, James Belushi. An NBA star switches abilities with a fan. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** The NRL Footy Show. (M) **10.30** World's Funniest Videos Top 10 Countdown. (PG) **11.00** World's Funniest Videos Top 10 Countdown. (PG) **11.30** Stalker. (M) **12.30** Weeds. (MA15+) **1.00** Anger Management. (M) **1.30** Extra. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Adv Time. **7.00** The Middle. (PG) **8.30** Mike & Molly. (PG) **9.30** Mom. (M) **10.30** Anger Management. (M) **11.30** Sullivan & Son. (M) **12.00** American Digger. (PG) **12.30** Adv Time. **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Page Eight. (M) (2011) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** World's Best Metro. (PG) A look at the building of a new train line. **9.00** Big Bang. (PG) Leonard cancels his friendship contract with Sheldon after he tires of his selfish attitude. **9.30** Big Bang. (PG) After discovering Howard is working with his idol Stephen Hawking, Sheldon is determined to meet him. **10.00** Rush Hour. (M) **11.00** Rush Hour. (M) **12.00** Grey's Anatomy. (M) **1.00** Harry's Practice. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Doc Martin. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** World's Strictest Parents. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. Teams search for bargains. **7.30** The Vicar Of Dibley. (PG) Geraldine is fed up with townies. **8.30** Murdoch Mysteries. (M) Murdoch investigates the deadly robbery of a priceless Rembrandt painting. **10.30** Keeping Up Appearances. **12.30** Bargain Hunt. **1.30** Dealers. (PG) **2.30** World's Strictest Parents. (PG) **3.30** Keeping Up Appearances. **5.30** Shopping. (PG)

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.00** Ent. Tonight. **2.30** Everyday Health. (PG) **3.00** Judge Judy. (PG) **3.30** GCB. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. (PG) The losing team from the food truck challenge now face elimination. **9.40** Law & Order: SVU. (M) A fashion photographer is accused of sexually assaulting a model during a shoot. **10.40** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Race 10. British Grand Prix. Replay. From Silverstone Circuit, England. **10.30** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Gold Coast Cops. (PG) **8.30** Megacities. (PG) **9.30** Cops: Adults Only. (PG) **10.30** Undercover Boss. (PG) **11.30** Chopper's Republic Of Anzakistan. (MA15+) **12.00** Californication. (MA15+) **1.10** Home Shopping. **2.10** Cops: Adults Only. (PG) **2.40** Bellator MMA. (M) **4.40** Whacked Out Sports. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Foreign Corre. **11.00** Who's Been Sleeping In My House? **11.30** Eggheads. **12.00** News. **1.00** Breathless. (M) Final. **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **6.55** Clarke And Dawe. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (PG) **8.30** New Blood. (M) New. **9.30** Barracuda. (M) **10.25** Lateline. **10.55** The Business. **11.15** Breaking The Silence. (M) **12.15** The Wrong Mans. (M) **12.45** Press Club. **1.45** QI. (PG) **2.15** Jennifer Byrne Presents. (M) **2.50** New Blood. (M) **3.50** Doc Martin. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.20** Doctor Who Extra. (PG) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** Episodes. (M) **9.30** Buzzcocks. (M) **10.00** Broad City. **10.20** Adam Hills: The Last Leg. (M) **11.05** Jimmy Fallon. (PG) **11.45** Live At The Apollo. (M) **12.35** Alan Carr: Chatty Man. (M) **1.20** Doctor Who. (M) **2.05** Jimmy Fallon. (PG) **2.50** News Update. **2.55** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 11. Replay. **3.00** SBS Flashback. (PG) **3.10** First Crossings. (PG) **4.05** Great Houses With Julian Fellowes. (PG) **5.00** Cycling. Tour de France. Stage 12. **2.00** Who Do You Think You Are? (PG) **3.05** Who Do You Think You Are? (PG) **4.10** Food Lovers' Guide To Australia. **4.50** SBS Flashback. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 11. Replay. **5.00** Rauch Und Spiegel. **5.05** House Hazards. (PG) **5.35** If You Are The One. **6.35** 365: Every Day Documentaries. (PG) **6.40** 30 Rock. (PG) **7.10** 30 Rock. (PG) **7.35** The Feed. **8.05** Billy On The Street. **8.35** MythBusters. (PG) **9.35** The Internet Ruined My Life. New. **10.00** The Internet Ruined My Life. **10.25** Rise Of The Supergamer. **11.35** League Nation Live. **1.05** The Feed. **1.35** Town Of The Living Dead. (M) **2.00** The Notorious. (M) **2.30** Attack On Titan. (MA15+) **3.00** Attack On Titan. (MA15+) **3.30** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm Bridget Jones's Diary (2001) Comedy. Renée Zellweger, Colin Firth. (M) **Romance** **7.30pm** Minions (2015) Animation. Sandra Bullock, Jon Hamm. (PG) **Family** **10.35pm** Fight Club (1999) Drama. Edward Norton, Brad Pitt. (MA15+) **Action** **GENERAL** **7.30pm** Criminal Minds. (MA15+) **FX** **8.30pm** Who Do You Think You Are? (PG) **UKTV** **9.20pm** Nurse Jackie. (MA15+) **Showcase**

DOCUMENTARY

7.30pm Who Is Donald Trump? (PG) **History** **8.30pm** Rick Stein's Long Weekends. (PG) **Lifestyle Food** **8.30pm** Blackout. (PG) **History** **SPORT** **3.30pm** Golf. PGA Tour. British Open. First round. **Fox Sports 4** **7.30pm** Football. AFL. Round 17. Sydney v Hawthorn. **Fox Footy** **8.00pm** Cricket. First Test. England v Pakistan. Day 1. **Fox Sports 2**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Courage Mountain. (PG) (1990) Juliette Caton. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Rugby League. NRL. Round 19. St George Illawarra Dragons v Gold Coast Titans. From Jubilee Oval, Sydney. **10.10** Movie: Rocky V. (M) (1990) Sylvester Stallone, Talia Shire, Burt Young. Rocky Balboa inherits a gymnasium and sets out to teach a street kid how to fight. **12.20** Movie: Lottery Ticket. (M) (2010) Shad Moss, Brandon T. Jackson, Ice Cube. A man wins \$370 million in the lottery. **2.20** Avengers. (PG) **3.20** Nine Presents. **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans Go! (PG) **6.00** Movie: Lego Batman: The Movie – DC Super Heroes Unite. (PG) (2013) **7.30** Movie: The Lego Movie. (PG) (2014) **9.30** Movie: Olympus Has Fallen. (MA15+) (2013) **12.00** iZombie. (MA15+) **1.00** Surfing Australia TV. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Blood Crime. (M) (2002) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Dr Harry goes to the National Poultry Show. Karen prepares Bombay spiced pork neck chops. **8.30** Movie: Endless Love. (M) (2014) Alex Pettyfer, Gabriella Wilde, Bruce Greenwood, Robert Patrick. The life of a shy teenager seems to change overnight when a charming but aimless mechanic asks her out. **10.45** To Be Advised. **11.45** The Goldbergs. (PG) Barry and Erica battle for the phone. **12.15** Private Practice. (M) Amelia celebrates one year of sobriety. **1.15** Harry's Practice. **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** The Outdoor Room With Jamie Durie. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Border. (PG) **8.30** Escape To The Country. **9.30** The Art Of The Architect. New. **10.30** Best Houses Australia. **11.00** The Woman Who Woke Up Chinese. (PG) **12.00** Dealers. (PG) **1.00** Escape To The Country. **2.00** The Outdoor Room With Jamie Durie. **3.00** Dr Oz. (PG) **4.00** Danube Interlude. (PG) **5.00** Harry's Practice. **5.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. (PG) **3.10** Judge Judy. (PG) **3.30** Everyday Health. (PG) **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. Dr Chris and Miguel travel to Seattle. **8.30** The Graham Norton Show. Highlights from the latest series, featuring Jennifer Lawrence, Meryl Streep, Ryan Gosling and Johnny Depp. **9.30** Have You Been Paying Attention? (M) Hosted by Tom Gleisner. **10.30** To Be Advised. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** River To Reef. **8.30** Operation Repo. (PG) **9.00** The Unstoppables. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: Gun. (MA15+) (2010) Curtis Jackson, Val Kilmer, Annalynne McCord. **11.15** Bear Grylls: Mission Survive. **2.15** Star Trek: Voyager. (PG) **3.10** Walker, Texas Ranger. (M) **4.05** Hogan's Heroes. **5.05** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Croc College. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Doc Martin. (PG) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** Tony Robinson's Time Walks. (PG) **8.30** New Tricks. (PG) **9.30** Silent Witness. (MA15+) Final. **10.30** Lateline. **11.05** The Business. **11.20** Broadchurch. (M) **12.10** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.45** Sydney Sailboat. **5.00** Play School. **5.05** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who Extra. **8.30** The Hoarder Next Door. (PG) **9.15** Drug Runners: The Peruvian Connection. (M) **10.05** Adam Hills: The Last Leg. (M) **10.50** Jimmy Fallon. (PG) **11.30** Sherlock. (M) **1.00** Doctor Who. (PG) **1.45** Jimmy Fallon. (PG) **2.30** News Update. **2.35** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 12. Replay. **3.00** Kylie Kwong. **3.30** Thai Street Food. **4.00** Who Do You Think You Are? (PG) **5.00** Cycling. Tour de France. Stage 12. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** The Nefertiti Bust. **8.25** The Inca: Masters Of The Clouds. (PG) **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 13. **2.00** The Real King Solomon's Mines. **2.55** The Lost Sword Of The Samurai. (PG) **3.50** Who Do You Think You Are? **4.55** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 12. Replay. **5.00** The Death Of Santa Claus. (PG) **5.05** House Hazards. (PG) **5.35** Brain Games. (PG) **6.00** Street Genius. **6.25** 365: Every Day Documentaries. **6.30** MythBusters. (PG) **7.30** Friday Feed. **8.00** Illusions Of Grandeur. (PG) Final. **8.30** Adam Looking For Eve. (MA15+) **9.20** Sex Addicts. (M) **10.20** Movie: Thunderbolt. (MA15+) (1995) **12.20** Movie: Aballay. (MA15+) (2010) **2.10** PopAsia. (PG) **3.15** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm Spy (2015) Comedy. Melissa McCarthy, Rose Byrne. (MA15+) **Premiere** **6.50pm First Blood** (1982) Action. Sylvester Stallone. (M) **Action**

10.25pm Dead Poets Society (1989) Drama. Robin Williams. (PG) **Masterpiece**

GENERAL

6.30pm E! News. (M) **E!**

7.30pm Finding Carter. (M) **FOX8** **9.00pm Sydney Comedy Festival.** (MA15+) **Comedy Channel**

DOCUMENTARY

7.30pm World War One: The People's Story. (PG) **History** **8.30pm Titchmarsh: Discovering A Lost Landscape.** *Lifestyle* **11.30pm My Amityville Horror.** (MA15+) **CI**

SPORT

7.30pm Rugby Union. Super Rugby. Round 17. Queensland Reds v Melbourne Rebels. *Fox Sports 2* **7.50pm Rugby League.** NRL. Round 19. Dragons v Titans. *Fox Sports 1* **8.20pm Football.** AFL. Round 17. Fremantle v Geelong. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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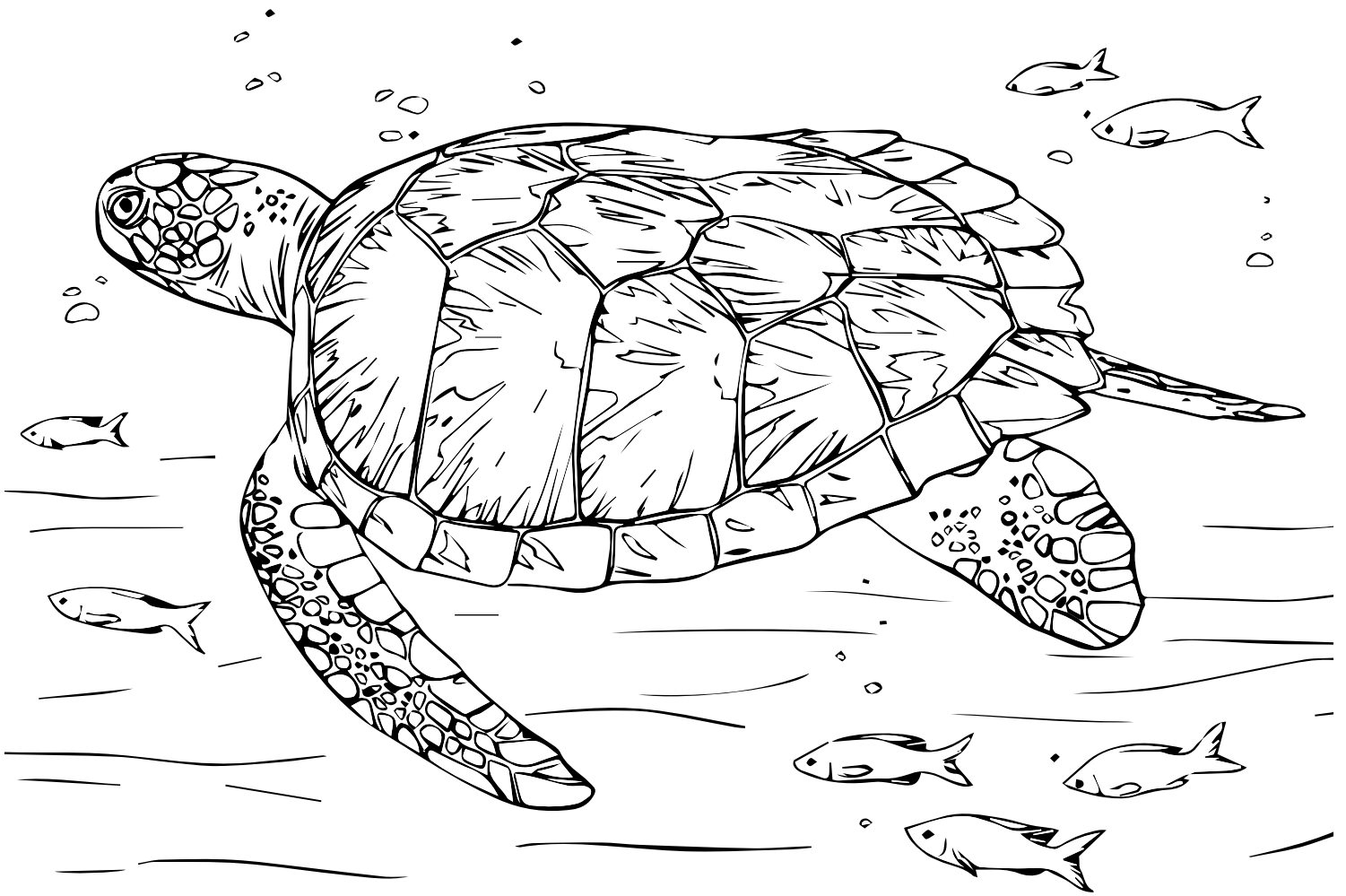
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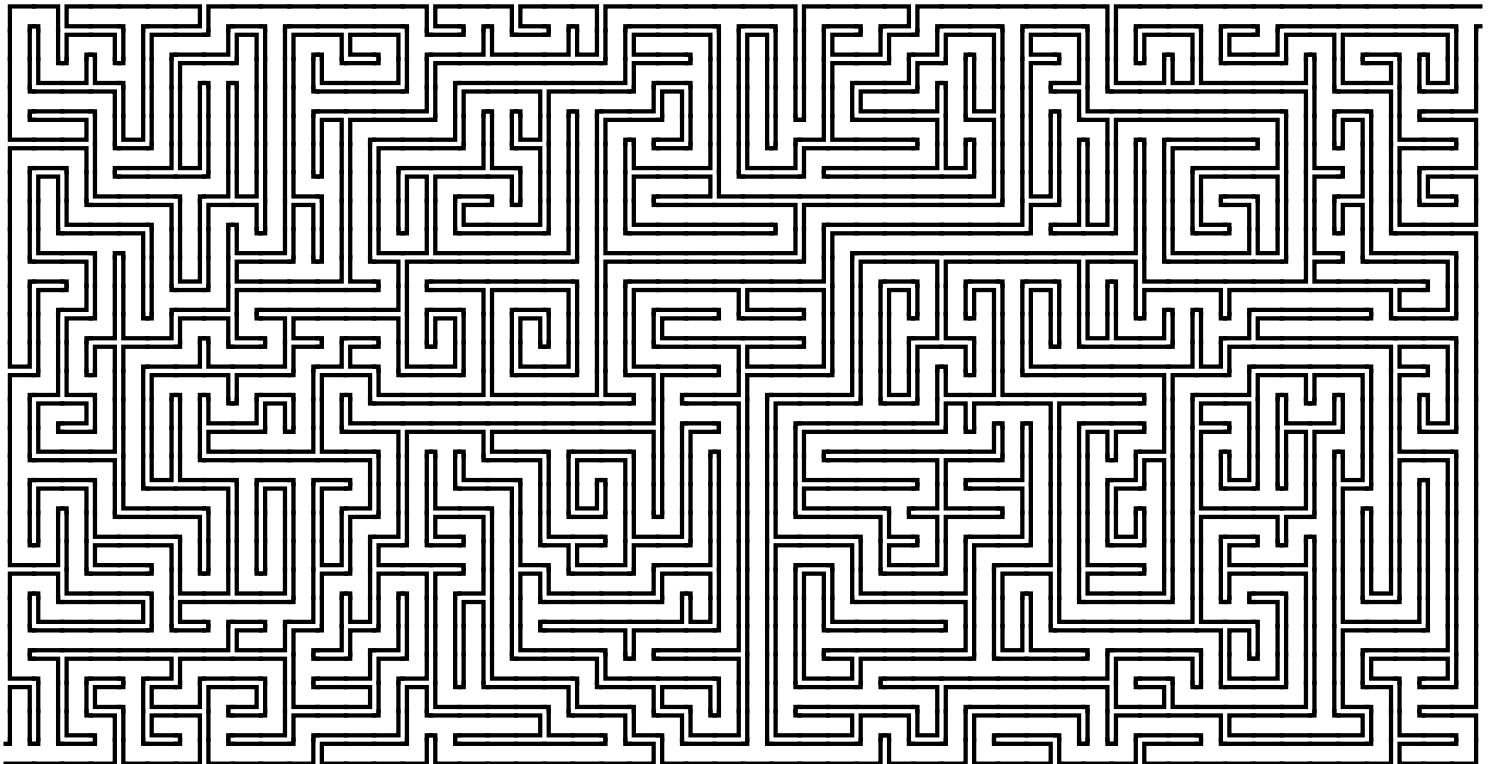
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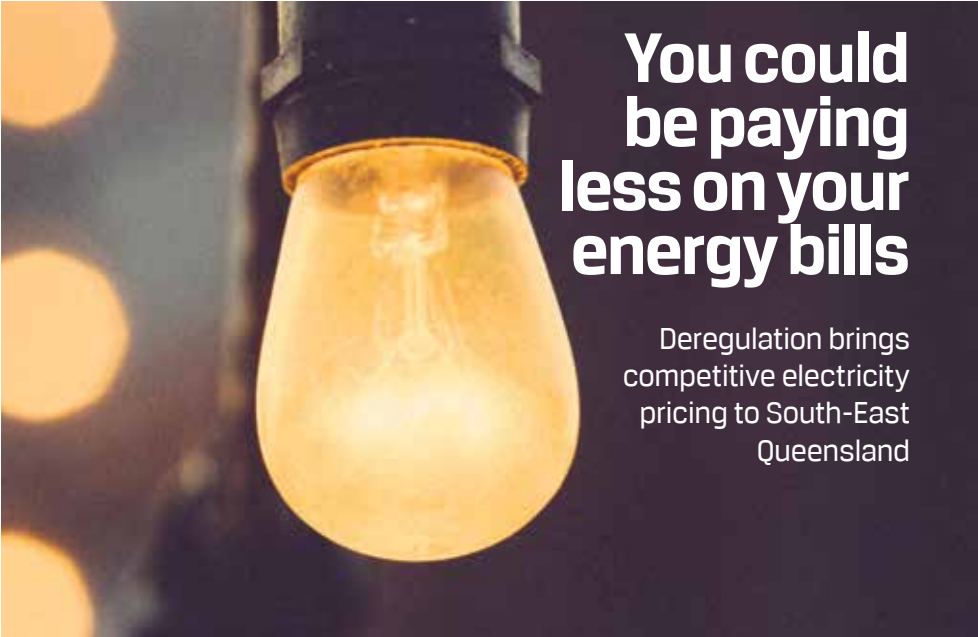
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You could be paying less on your energy bills

Deregulation brings competitive electricity pricing to South-East Queensland

South-East Queensland electricity users now have access to a wider range of innovative products and deals as a result of the deregulation of the retail electricity market, which came into effect on July 1

Minister for Energy Mark Bailey said the new reforms coincide with the release of the Australian Energy Market Commission's third annual review of competition in retail electricity and gas markets in Queensland and other states and territories.

"The review found that competition continues to be effective in South East Queensland's retail electricity market," Mr Bailey said.

"As a result of retailers offering South East Queensland customers a greater range of contract options, customers are experiencing increased satisfaction, greater

choice and competitive retail prices.

"The deregulation of South East Queensland's market will further bolster competition, and electricity customers will soon have access to a wider range of innovative electricity products and deals.

"Previously, electricity pricing had been based on a one size fits all approach, meaning that customers were not able to access benefits associated with their specific circumstances.

"Households will now be able to access products and packages which are more tailored to meet their individual needs and the way they use and consume energy.

"I encourage South East Queenslanders to regularly shop around for a better electricity deal.

Mr Bailey said mechanisms have also been put in place to ensure particularly vulnerable customers are protected in the deregulated electricity market.

"The Palaszczuk Government will roll out a consumer education campaign this month to ensure customers in South East Queensland have the knowledge they need to properly engage with the deregulated retail market.


"I will also direct the Queensland Competition Authority to monitor the market to ensure it remains competitive and produce an annual report so customers and stakeholders can track the progress of deregulation over time. We will also be monitoring to ensure vulnerable customers are benefiting from deregulation".

Mr Bailey said regional Queensland would continue to be looked after with the continuation of subsidies.

"We've committed more than \$560 million to subsidise regional Queensland electricity prices this financial year, to ensure that customers across regional Queensland pay a similar amount for their electricity to those in South East Queensland," he said.

"These subsidies are important to households in regional Queensland because the Palaszczuk Government knows the importance of ensuring a family in say Townsville, Cairns or Mount Isa pay a similar amount for their electricity than a household in Brisbane."

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HARCOURTS NORTH LAKES – MANGO HILL MARKET DRIVE



North Lakes

For the month of July, Harcourts North Lakes – Mango Hill will be conducting an initiative called the 4509 Market Drive where we appraise homes (sales and rentals) in every street and release a full report on the values in the area.

An updated appraisal may allow you to pursue other financial interests, sell (either downsize or upsize), help for tax purposes or to ensure that you have adequate insurance on your property.

We will be offering our expert opinion on prices of every home in your area. The appraisal will take no longer than 20 minutes of your time.

How do you participate?

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Call into our office at 6/25 Discovery Drive North Lakes

Email us at sales.northlakes@harcourts.com.au

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FOR INSPECTION
SAT 9TH JULY
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4 Bed, 3 Living, Ducted A/C, 621m2 Lot, Side Access & Finished to Perfection!

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Tony & Nadine Wilkie

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458m²

12.5m

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North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

We had an overwhelming attendance of more than 70 members and guests at our monthly lunch on one of our coldest days this year. Mon Komo in Redcliffe was aglow with sunshine as it filtered into the large bar and dining area. This was a great social event with a high energy level as everyone ordered drinks and chatted in the lounge bar prior to seating. The meals were generous and appetizing; our thanks to the staff for the wonderful job they did.

Tuesday 12th July 09:45 GUEST SPEAKER – Solicitor - Brian Herd, from Carne Reidy Herd, will speak to us about Elder Abuse and the Laws and Rights of the elderly. Brian is recognised as one of Australia's leading experts in the areas of elder law, retirement, disability and aged care. This is a very worthwhile Guest Speaker not to be missed.

Tuesday 19th July 09:45 IN-HOUSE ACTIVITY – Families, Favourites & Fantasies. This will be a fun meeting with a lot of interaction. Come along with an open mind, and a sense of humour. See you all there, this will be a very entertaining morning!

Tuesday 26th July 08:30 BUS TRIP – XMAS IN JULY. The Heritage, MT TAMBORINE. The bus will leave North Lakes Bus Station at 08:15 and Masters car park at 8:30. We will be stopping for one hour in the famous Gallery Walk prior to moving on to our lunch venue. If you require further details please contact Carmen. This event must be paid for in advance. www.theheritage.net.au

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.



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Sudoku

				4			3	5
			3	2	9		4	8
					7		9	
				9	3	4	7	
	4			5			1	
	9	3	4	1				
	3		2					
2	7		8	3	1			
5	8			7				

Expert Sudoku

Fancy yourself as a sudoku pro? Try this one

	3	4	8		7			9
					9			
7		9					5	
		2		6				
	9	1				7	2	
				4		3		
	6					2		7
			1					
5			4		6	9	3	

Crossword Solution from last issue

S	H	A	N	D	Y			B	R	O	L	G	A	S
P		L		E		S		O		R		R		H
I	N	D	I	C	A	T	O	R		L	I	A	N	A
N		I		E		I		E		O		P		R
A	E	S	O	P		B	E	D	S	P	R	E	A	D
C				T		B		O				V		S
H	E	R	O	I	N	E		M	I	D	A	I	R	
		E		O						A			N	
	E	A	R	N	E	D		R	E	L	I	E	V	E
A		S				E		E		L				X
C	L	O	B	B	E	R	E	D		I	O	N	I	C
C		N		R		I		R		A		E		U
U	N	I	T	E		D	I	A	G	N	O	S	I	S
S		N		V		E		G		C		T		E
E	A	G	L	E	T	S			C	E	A	S	E	S

Crossword 6444

Kindly provided by famous skateboarder - Laurie Stibbe

ACROSS

- 1 Appalled, shocked
- 4 Wild wood duck
- 9 Indigestion
- 10 Form of prestidigitatation
- 11 Alleviates
- 12 Mentioned previously
- 13 Investigate thoroughly for truth
- 15 Mariner
- 17 Circumvented
- 19 Most clamorous
- 22 Hundred year periods
- 24 Deplete of resources
- 26 Lariat; long-noosed rope
- 27 European wolf spider
- 28 Wishful thinker
- 29 Have faith or confidence in

DOWN

- 1 Participant in field sports
- 2 Perceives sound via ears
- 3 Met the requirements of
- 4 Servile fawning dependants
- 5 Informal "Let me"
- 6 Exacerbate
- 7 Ten year period
- 8 Powerful toxic relaxant
- 14 Give preferential benefit
- 16 More than adequate supply
- 18 Wanderer, vagabond
- 19 Sheen, splendour
- 20 1-handed drinking vessel
- 21 Frightened
- 23 Remove person's weapons
- 25 Sharp, intense

1		2		3				4		5		6		7
						8								
9										10				
11						12								
13		14								15		16		
17								18		19				20
21														
22						23						24		25
26								27						
28												29		

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A great detox drink to help flush out toxins is:

- 1 Litre water
- Juice of 1 lemon
- 10-12 mint leaves

Let steep in fridge overnight & drink every day.



To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakemessenger.com.au

Attributed to Freepik

COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

HANDY NUMBERS TO KNOW

Emergency:	000
NL/MH Police:	3482 1444
Crime Stoppers:	1800 333 000
SES:	132 500
Health Advice:	13432 584
Wildlife Rescue:	0401 350 799
RSPCA:	1300 363 736
Dakabin Pound:	3886 0357

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivvi on 0407238163

A.C.M.A.MIN MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00pm. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. The Assoc. of Independent Retirees (AIR) AIR will hold an Investor Breakfast for self-funded retirees and investors at the Moreton Bay Boat Club Bird O'Passage Parade Scarborough on Monday 20th June, 2016, at 7-15a.m. Special guest speakers are Terri Loy, National Manager Wealth Management and William Peters Senior Private Client Advisor Morgans. Cost, including served breakfast, \$16 pp. Bookings to Val Martin 3203 5074 or Max Barton 3142 2506

AI-ANON. If someone you love, or are dependent on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. AI-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmore Road, Redcliffe. For further information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink that's your business if you want to stop we can help. alcoholics anonymous holds meetings everyday in the moretonbay area in the following suburbs, caboolture, bribe Island, deceptionbay, redcliffe, margate, clontarf, woody point please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

ALL WELCOME at The Moreton Bay Social Group Make Friends - Have Fun is our motto. We meet every Tuesday evening at the Redcliffe Leagues Club from 6pm. So join us for friendly conversation and discuss fun outings for our future events. We look forward to hearing from you, for further information contact Maureen 34918998 or Nick 0423543833 or Pat 0403946369

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alpmurumba.east@gmail.com

ANGLICAN CHURCH OF NORTH LAKES We are a Contemporary Anglican Community who gather for worship on Sunday at 9:30am in the Performing Arts Centre of North Lakes State College. We sing a mix of modern music and reworked old hymns. We enjoy having Communion and engage with our Bibles each week to see what God has for us. Call on 0403977512 - like us on Facebook - visit www.thelakesanglican.org.au

ANGLICAN CHURCH St Peter the Fisherman 13 Lucinda St Clontarf. Services Saturday 6pm Sunday 7am & 9am Wednesday 10am. Sunday school, craft, mens, tots/preschoolers, ladies groups and much more. For Howard Smith 3284 9283. Beautiful church & grounds for baptisms, weddings, funerals, blessings in Bramble Bay Parish.

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non sticky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

ARANA VIEW CLUB LUNCHEON MEETING 10.30am for 11.00am on Wednesday 6th July 2016 at Arana Leagues Club, Dawson Parade, Keppera. Guest speaker, Murray Altham, Author of 'Choose Excellent Health'. Cent Auction and raffles. Two-course lunch incl tea/coffee (\$25.00). Bookings: Heather 3300 3733 by 4pm Monday 4th July. Arana VIEW meets on the first Wednesday of the month and welcomes new members and visitors to our meetings and other social activities organised each month. www.themithfamily.com.au/view

ARE YOU A SINGER? Counterpoint Vocal Ensemble has vacancies for an experienced baritone and soprano. Counterpoint is an auditioned 4-part choir specialising in a cappella choral works of a wide variety of genres. The group rehearses at Banyo and presents three major concerts each year. For information, or to register your interest, please call 3284 3688.

BABY & TODDLER GROUP (REDCLIFFE): Teeny Tots meets every Thursday (term time only) at Recalibrate Church, 3 Plume Street, Redcliffe. Starting at 9:30am - 11:00am with craft items, stories, morning tea and free play that everyone will enjoy! \$2 entry. Please call the Recalibrate Church office on 07 3284 6511 or email office@recalibrate.church for more details.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha' U'llah Phone: 07 38861567 Email: [Moreton Bay LSA \[mlrbsa.sec@gmail.com\]](mailto:Moreton Bay LSA [mlrbsa.sec@gmail.com]) Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is \$6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

BRENDALE EVENING VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Anna at 3425 3927 or 0400 557 082

BRIDGE PLAYERS. We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BURPENGARY ANGLICAN CHURCH - Parish of Freshwater. 45 Pitt Road Burpengary. Traditional Worship Services weekly with Eucharist at 6.00pm Saturday evenings. Visitors Welcome. Please stay for a coffee and a friendly chat after the service.

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. Cmon dip your toes in the water. Contact Cay on 07 3408 3219 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY RESEARCH. One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburrum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CPHRG research) Tel (07) 54282018 or email us at chrg55@bigpond.com.

CABOOLTURE HISTORICAL VILLAGE POTTERS is a pottery group located in the Caboolture Historical Village, Beerburrum Road Caboolture. We hold lessons every Monday and Tuesday from 9 am till 1 pm. We sell handcrafted pottery in our gallery. Contact phone number for the Pottery Shop is 5498 9933 or contact club president on mobile number 0409057 436.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com.

CENTRAL LIONESSE CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill 23842025 & Liz Alcock 3284 9415.

CENTRED YOUTH A fantastic High School youth event in Redcliffe @ Recalibrate Church, every Friday (term time only). 7:00pm - 9:00pm (chill time from 6:30pm) with sports, games, PlayStation, great music and life changing messages. Contact the Recalibrate Church office on 07 3284 6511, office@recalibrate.church and check out our website www.centredyouth.com

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street, Redcliffe. Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of the month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffegates@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_girl1@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CRAFT AND COFFEE MORNING: Pine RIVERS Q&A Craft and Coffee group meet at 9:30 am on the 3rd Tuesday of each Month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information phone 54595 5151.

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost \$2.00 & bus pick up extra \$1.00. Phone 3284 6451 for further information.

DECEPTION BAY ANGLICAN CHURCH - Parish of Freshwater, 43 Park Rd Deception Bay. Modern Family Worship Services weekly at 8.30am Sunday mornings with an active band - guitar, drums and keyboard. Visitors welcome. Please stay for morning tea and a friendly chat after the service.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making to our friendly club.

DECEPTION BAY GIRL GUIDES enables girls from 5 and up to grow into confident, self-respecting and responsible community members. Meetings are Thursdays 5pm and Friday 5:30pm at 35 Sampson Street, Deception Bay. Give Guides a go for 4 weeks for free. Adults are also invited to be involved as Leaders or in our Support Group. Visit <http://bit.ly/dbayguides> for more details

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquiries contact Rev Carol Bloom 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space - corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet. Golf croquet is played Tues & Fri 8:30 am and Tues 3:00 pm. Ricochet is played Mon 9:00 am. Association is played Wed 9:30 am and Sat 8:30 am. Gateball is played Fri 3:00 pm. All forms of croquet can be enjoyed by any age group. We also hire out the club for croquet parties that the whole family can participate in. You are most welcome to phone the club on 3283 2924 with any queries.

FLORAL ART. Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group who enjoy both each others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph

32845795 Email pflag-redcliffe@hotmail.com.

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 - 11am or Tuesday Evening 7 - 8.30pm. All ages. In Deception Bay, c/nr Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am until 12 noon at Redcliffe Senior Citizens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advice. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chriseoer@gmail.com to find out more

HISTORY REDCLIFFE holds its general meeting on the second Friday of the month at 2pm, in the Terry Walker Room, Redcliffe Cultural Centre. Monthly guest speakers highlight interesting aspects of Redcliffe's History. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to info@historyredcliffe.com.au or www.historyredcliffe.com.au

JP BOOTH MKT Deception Bay Shopping Centre Mon-Sat 9am-1pm.

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday - Friday 10.30 am - 2.30 pm, Thursday Night 6.30 - 8pm. Saturdays 9.30am - 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only \$4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue (opp Red Rooster) for further info please Fred on 32054024 or email prsc2@gmail.com.

KALLANGUR OVER 50'S SOCIAL CLUB - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only \$5-00. Please contact Gallene 3285 3905 or email ng.parnell@gmail.com for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Sansonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

LADIES 50 - 60s age bracket needed for social tennis, played at Chermide Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Chrissie 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CARD GOLF Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday service: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LINE DANCING TUESDAY 9.45 am - 12 noon, Friday 12.15 pm - 2.15 pm. Come along, make new friends in a friendly, social atmosphere. Large dance floor and musician live on stage. Morning/afternoon tea, Lucky door prize. Redcliffe Senior Citizens, 401 Oxley Ave; contact Tonto 0417896 936. Marlene 3880 3223, Loma 3889 3121 for more info.

LIONESSE CLUB OF MORAYFIELD & DISTRICT come in to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESSE CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE. Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email nghmtyler@bigpond.com

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am - 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

LORDS AND LADIES ASSEMBLY Mousetrap's upcoming Musical Comedy, 'Once Upon A Mattress' is seeking Lords and Ladies for the Ensemble. If you possess the vocal and acting skills required and wish to join a fun filled show please contact the Musical Director, Theresa Kendall on 0412 260 467 or 3203 6251. This production is being directed by well known Brisbane theatre identity, Kurt A. Lerps. Performances are July 29 & 30, August 5, 6, 12 & 13 at 7.30pm with two matinees on July 31 and August 7 at 2.00pm.

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am, the fourth Monday of every month at Freemasons Centre Seaville Ar.Scarborough, on the Redcliffe Peninsula. Our friendly Ladies ,who attend every Luncheon, will extend a warm welcome to your wife, please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed. The Shed is at The Community House 1 Lamington Drive, off Oxley Avenue and hours are Mon, Wed, Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbaycedsia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbsso.org.au Visit our website at: www.mbsso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NARANGABA ANGLICAN CHURCH - Anglican Parish of Freshwater, 45 Pitt Rd, Buringbury Weekly Worship Services at 6.00pm Sat evening. Visitors very welcome.

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoop@navycadets.gov.au 0430 904 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410. All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Comford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK Next meeting Tuesday 7th of June. Point Preventative Dental Problems in the older population, Speaker Jan Anderson Metro North Oral Health Services. Venue: Woody Point Memorial, Oxley Avenue, Woody Point. Entrance Fee \$4 for Morning Tea Lucky Door Prize. Contact M. 0411018570

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kids' church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal shelter dedicated to the care and rehoming of stray and surrendered cats and dogs. PAA (est. 1971) is run entirely by volunteers, and is located at 313 Duffield Road, Clontarf. For more information about adopting, bringing in an animal, volunteering, our Hydrobath or other ways to be involved visit www.peninsulaanimalaid.com.au or phone 3284 1927.

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquiries please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 78100 www.peninsulasocialgolfclub.bsn.au

PINE RIVERS SENIOR CITIZENS CLUB Inc. Kallangur welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac Avenue (opp red rooster) for further info please ring Shirley on 38863184 or email prsccl@gmail.com.

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee \$12. Weekly fee \$3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern, Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PINE RIVERS QCWA Branch meets at 9:30 am on the 1st Wednesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information Phone 5495 5151.

PLAYGROUP MANGO HILL 9.10 – 10.10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Undercover and outdoor play, music and story time for children aged 2 – 5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Carmel Murphy cmurp61@eq.edu.au.

PLAYGROUP REDCLIFFE 9:30am Monday to Friday. 1 Richens St, Redcliffe (Redcliffe Uniting Church). Well organised and structured playgroup. More details check out the Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the crazy games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Join 38863656, Ken 33841313, Dorothy 32851538

PROBUS CLUB OF REDCLIFFE INC. The Club is for Male and Female Retirees seeking Fellowship and Fun. We enjoy Entertainment, Coach Trips, Cruises, Dine-Outs, Local and QPAC Theatre Days, Lawn Bowls, Beach BBQs and Coffee Mornings. Meetings - second Monday of each month at the Moreton Bay Boat Club. Contact President Roslyn Johansson 3888 2802, 0423 708 443, bjo99986@bigpond.net.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend

regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15pm Church Hall cnr. Griffith Road. & Prince Edward Pde. Scarborough.

QUOTA INTERNATIONAL OF NORTH LAKES INC. Ladies living on North Lakes or surrounds – Looking to make new friends? Serve your local community and be involved in an international project? Attend regular social events? Why not join us? We meet at North Lakes Health Precinct second Monday of each month 5.30 for light supper then Business Meeting 6pm-8pm. For more information Tel Brenda 0404849387 or Glynis 0413010088

RECALIBRATE CHURCH 9:30am & 6:00pm every Sunday @ 3 Plume Street, Redcliffe. EVERYONE IS WELCOME! Messages include full kids provision from 2-11yrs, great worship, relevant and encouraging messages and brilliant opportunities to form community and friendships. Contact the office on 07 3284 6511, office@recalibrate.church and check out our website www.recalibrate.church

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 am, for 10-30 am, in the "Kokoda Room" of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOIR practises weekly in the Rothwell area, Monday nights from 7:15-9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials: 3Rd Sunday 1.00PM. 4th Friday Night 7.30 PM. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry \$ 4.00.

REDCLIFFE EXSERVICE WOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservice women of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE GATEBALL CLUB welcome all players aged between 8-90 years of age. Played every Saturday from 1pm to 4pm at the Bramble Bay Bowls Club. Gateball is a sport which combines brain play and mild physical exercise, non-contact, highly strategic team game. 30 minutes per game is all it takes for a game. Phone Geoff of 0400 525 250.

REDCLIFFE HEALING ROOMS Come and let God touch and heal you. Woody Point Community Centre Cnr Hornbrook Esp & Oxley Ave Woodthorpe Wednesday 7 - 9pm and Friday 10:30 -1pm "Grandenfire" Cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month in the Seaspray Room, Belvedere Hotel, Woody Point at 9.30am for 10am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Maureen 3283 7461 or Noeleen 3203 6889.

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is \$2 and morning tea is supplied. For more information please contact Dot 5495 1335.

REDCLIFFE PENINSULA DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. \$15 yearly registration & \$4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS GROUP meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book!

REDCLIFFE PENINSULA PROBUS CLUB Inc. Meets on the 4th Tuesday of each month except December at the Kokoda Room, Redcliffe RSL Irene St. Redcliffe at 10.00am. New Members most welcome. Contact President Ray phone 3203 2611 or Secretary Neil phone 3284 4404.

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Sutons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslc.com.au

REDCLIFFE PENINSULA VIEW Club extends a warm welcome to ladies who are looking for a new interest to join us on the second Thursday of each month at the Moreton Bay Boat Club, Scarborough. Meetings include lunch, a speaker or entertainment. Outings feature in our monthly program. VIEW supports the Smith Family's Learning for Life program. Contact Robyn 3481 6003

REDCLIFFE POTTERY GROUP is due to hold Semester 2 handbuild pottery classes for beginners commencing on 7th May for Saturday class and 9th for Monday class. Fees will be \$100 for 2 hours lesson over 6 weeks including clay, firing and glazes. More details and the application form, visit our website on www.redcliffepottery-group.org.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redcliffesrugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redcliffesrugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4200. Membership \$8 with joining fee \$2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hoy, Snooker, Vogue Dancing, 500, Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SENIORS COMPUTER CLUB - Club House 51 Sportsground Street Redcliffe. Tel: 3203 5593. Monday to Friday. Learn to use your computer, tablet, smart phone to send emails, search the internet, buy bills, do banking all in a friendly atmosphere. All lessons are individual at low cost. Further information available on our web page www.rssc.com.au

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are \$2.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality Sutta tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffettea@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 am, at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information

available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP Redcliffe Uniting or check out our website.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further information, contact Kerry on ksgleader@outlook.com or 0423158135.

SEASONS A Loss and Grief peer support program for Adults. Seasons consists of 6 x 2 hourly sessions comprising of 6 to 8 participants per group, and is facilitated by trained companions. The program uses the different seasons and images from nature to help people cope with their loss and grief. Contact: Trevor Andrew 0421 901 737 Sheryl Windsor 0402 819 385 Annette Plummer 0413 052 110

SHED HAPPENS FOR MEN on 4th Monday of each month their John Naumann Hall Deception Bay Road Deception Bay. Guest Speakers, hear blokes tell their stories. Shed night is a place where men are inspired to be the best they can be as blokes, fathers, husbands, sons and mates. All Men welcome from age 16 to 116. BBQ starts 6pm donation \$10.00. contact: Trevor Andrew 0421901737 Paul Chambers 0419 998 815

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMERS' SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163..

SMALL DOG CARER'S CLUB. Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi-retired) are welcome. Phone Kevin on 3881 1282 or email mhddk@hotmail.com

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simoretionorth@sispw.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monksc@gmail.com

SPECIAL OLYMPICS MORETON NORTH CLUB. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email SOMM.louise@outlook.com

SPINAL LIFE AUSTRALIA'S Moreton Bay Spinal Injuries Network will meet at 1.00pm on Wednesday 6 July at the Kallangur Memorial Bowls Club, 1351 Anzac Avenue, Kallangur. New members welcome. For more information phone Spinal Life Australia on 3391 2044.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SWIMMING CLUB Come along for a free trial at our club nights held Fridays. Learn correct swim race techniques in a fun, social and family friendly environment all in our indoor heated 50m pool. Suitable for beginners through to National level swimmers that can swim a minimum 25m. Contact Head Coach Kirk Taylor 0405 577 204 or email australianswimclub@gmail.com for more info.

TABLE TENNIS ASSOCIATION in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email redcliffettea@gmail.com.

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

THE USA PINE RIVERS will be holding a social and information meeting on Friday 17th June 2016 at Bray Hall, O'Loane St, Petrie gathering from 9.30am for a 10.00 am start. Our activity today will be "COMPUTING AND CRAFT AND ART EXPO" showcasing the talents of our members with items for sale. Come and join us for a morning tea provided for a gold coin donation. This is an opportunity to book for social outings such as theatre and bus trips or renew membership.

USA REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of \$20 per year applies and a small fee for each class of \$2. Computer classes are \$30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3areddcliff.org.au. More information is on the net at www.u3areddcliff.org.au

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrcreddcliff@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliff.org.au Or: 0457426806

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